



Registration Open For Student Day Camp At Estates

The Edison and Ford Winter Estates offers educational programs for grade school children throughout the year. Day camps are held when Lee County schools are closed and summer camp is held during the summer months. Registration is open for camps during the 2022-23 school year.

Camps take place in the "living laboratory," where Thomas Edison and Henry Ford made history. No experience is required to participate in these fun and fast-moving camps. Each camp is designed for students currently in kindergarten through fifth grade, unless otherwise noted. Campers must bring their own lunch and snacks. All camps run from 9 a.m. to 4 p.m. Edison Ford members receive a discount on camp registration.

The following are camp offerings:

Spooky Science, October 14 – This one-day chemistry camp is a tradition at Edison Ford, with a spooky twist. Students will watch a lava lamp demonstration



Students learn about science, technology, engineering, art, mathematics and history during Edison and Ford Winter Estates day camps

photo provided

with black lights and fluorescent colors, a dry ice demonstration with ghost bubbles and spooky foggy effects, and make glow-in-the-dark slime. Cost: \$50 for non-members; \$45 for Edison Ford members.

Fantastic Physics, November 21 to

23 – This camp will explore experiments that relate to all kinds of waves, including water, sound and light. Students will explore different experiments that relate to Newton's Laws of Motion. This is a conceptual physics camp and a math

pre-requisite is not required. Cost: \$150 for non-members; \$135 for Edison Ford members.

Simple Machine Science, December 22 and 23 – This engineering camp is focused on the six simple machines: wheel and axle, wedge, lever, screw, ramp and pulley. Campers will engage in engineering challenges that relate to each simple machine. All activities demonstrate how each machine applies a mechanical advantage to make work easier. Cost: \$100 for non-members; \$90 for Edison Ford members.

Designing the Future (Engineering and Design), December 26 to 30 – In this design and innovation camp, campers will learn how to manage "the problem space" with an engineering design process. In addition to solving engineering challenges, campers will also learn simple computer-aided design (CAD) and get to work with 3D printers and 3D pens. Cost: \$185 for non-members; \$160 for Edison Ford members.

The Four Forces of Flight (Rockets and Flight), January 2 to 6 – This camp focuses on the four forces of flight: lift, gravity, drag and thrust. Activities include paper airplane design, foam rockets and

continued on page 12



Sara Morsey as Daisy Werthan and Mujahid Abdul-Rashid as Hoke Coleburn

photo provided

Modern Classic On Stage At Shell Point Arts Center

The Tribby Arts Center at Shell Point is presenting its first-ever theatrical performance in Connie Brown Hall with *Driving Miss Daisy* on Friday, September 30 at 2 and 7 p.m., and Saturday, October 1 at 2 and 7 p.m.

This modern American classic written by Alfred Uhry tells a hopeful, funny

and heartfelt story that explores the transformative power of friendship. Tickets are \$55.

Produced and directed by Florida Repertory Theatre, the performance features Mujahid Abdul-Rashid as Hoke Coleburn, Sara Morsey as Daisy Werthan and Jason Parrish as Daisy's son, Boolie Werthan.

Tribby Arts Center is located within Shell Point Retirement Community at 17281 On Par Boulevard in Fort Myers. For tickets, visit www.tribbyartscenter.com or call the box office at 415-5667.*

Coastal Cleanup This Saturday



A cleanup crew at a previous International Coastal Cleanup at Bunche Beach

photo provided

Keep Lee County Beautiful (KLCB) will hold the 2022 International Coastal Cleanup at multiple sites throughout Lee County on Saturday, September 17 from 8 to 11 a.m. KLCB is the local coordinator for Ocean Conservancy's annual International Coastal Cleanup, the largest volunteer effort of its kind. Every September for over 35 years, the International Coastal Cleanup has motivated over 17 million people from around the world to pick up

over 348 million pounds of trash from shorelines. In the surrounding area, KLCB check-in sites include Bunche Beach in Fort Myers; Fort Myers Beach Elementary School, Getaway Marina and Lovers Key State Park Event Field on Fort Myers Beach; Cape Coral Yacht Club, Horton Park, Jaycee Park and Sanibel Causeway Island B.

Thanks go out to all the volunteers and supporters who make this event possible

continued on page 14

Historic Downtown Fort Myers, Then And Now:

Two-Eyed Hurricane In 1947

by Gerri Reaves, PhD



The National Hurricane Center’s online mini-history of notable hurricanes does not include the hurricane that hit Fort Myers 75 years ago,

Many locals who experienced that storm, however, would argue – and did at the time – that it was perhaps the most significant storm in their lifetimes, at least as consequential as the ones in 1926 and 1928.

The historic photo is evidence that it certainly made an impact on Hendry Street.

The Hurricane of 1947, as it was called in the days before hurricanes were named, hit on September 17.

It was double-eyed, a characteristic it shares with 2017’s Hurricane Irma.

That phenomenon can result in at least two ways.

An eye can form a stronger outer wall that replaces the original one. Or, two separate storm cores can develop, with the outer core surrounding a much more powerful tight inner one.

A sketch published in *The News-Press* illustrated what airman saw when flying into the storm’s center, something resembling “a pool inside an empty bowl.”

A Florida Power & Light engineer who made the difficult post-storm drive from Miami via West Palm Beach and Clewiston reported that Fort Myers was “harder hit” than any community between it and West Palm.

Furthermore, when he checked Fort Myers’ side streets, he was amazed at the level of destruction.

The center of the slow-moving very wet storm, with winds of 100 miles per hour, crossed south of Fort Myers, so it could have been worse.

However, it toppled trees (particularly large exotic Australian pines), ripped off roofs, flooded up to two feet in some areas, and caused general havoc and property damage.

News reports highlighted the damage shown in this historic photo: a canopy was blown off the structure housing the Royal Palm Studios opposite the entrance to the Patio de Leon.



Soon after the storm, the building gained a second floor and is in use today

photo by Gerri Reaves

The brickwork was pulled down onto a sedan parked at the curb. Visible is the shredded signage, with the words commercial photographers, printing, enlarging and cameras visible, as well as most of the word “Studios.”

Note “First National” painted on the rear façade of the bank at the First Street corner.

Post-storm details include (right) the downed string of lights and the man tossing debris onto a pile at the curb.

Other noted damage in the business district included blown-out windows at the modern Bay Drugs at First and Jackson.

Also, the fancy neon sign of the Rendezvous bar across from the drug store on Jackson Street was blown onto the First Street sidewalk.

And, an upstairs window of the Belk-Lindsey department store at First and Hendry blew out.

Terry Park, East Fort Myers, Dean Park and Dunbar Heights seemed to suffer the worst damage, according to reports, and the flooding was worse on the east side of town than downtown.

Utilities and communications of all types – from electricity and gas to bus service and telephone service – were disrupted, and for a time, Fort Myers was cut off from the rest of the world.

No one died in the storm, in part, no doubt, because of preparation and evacuations from vulnerable areas such as Fort Myers Beach.

Four hundred people, 168 of them children, had taken refuge in the Lee County Courthouse on Main Street.

During the storm, the Red Cross served food and administered first aid, and an emergency hospital was set up in the nearby First Baptist Church.

Understandably, the Royal Palm Studios didn’t stay in this location long, but it did stay on the block until the early 1950s, moving just to the south of the building pictured here.

The ravaged storefront gained a second story and some Art Deco architectural

continued on page 8



In September 1947, a hurricane dealt significant damage to the Royal Palm Studios on Hendry Street

photo courtesy SWFL Historical Society

Independently Owned And Operated
COPYRIGHT 2022 The River Weekly News
LORKEN Publications, Inc.



Read Online: www.IslandSunNews.com



Publisher
Lorin Arundel
Accounting
Mike Terry
Advertising
Bob Petcher

**Graphic Arts/
Production**
Ann Ziehl, Manager
Anna Marrero
Phillip Arundel

Reporters
Gerri Reaves, PhD
Kathy Kurtz Ferrari

Contributing Writers

Kay Casperson
Suzy Cohen
Linda Coin
Marcia Feeney
Katie Frederic
Shelley Greggs
Tom Hall
Marion Hauser, MS, RD
Ross Hauser, MD
Craig R. Hersch

Capt. Matt Mitchell
Trinette Nelson
Howard Prager
Julie Rosenberg, MD
J. Brendan Ryan, CLU,
ChFC, MSFS
Di Saggau
Jeanie Tinch
Allison Havill Todd

Published every Friday for the people and visitors of Fort Myers River District.
Distribution: 6,000-8,000 per week (seasonal).

Readers with news, tips, comments or questions, call 239-395-1213,
write to: The River Weekly News, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957
or email: press@islandsunnews.com. To advertise, email: ads@islandsunnews.com.

*The River Weekly News reserves the right to refuse, alter or edit any editorial or advertisement.
We will correct factual errors or matters of emphasis and interpretation in news stories.*



The Anubis Shrine

photos provided

Archaeological Exhibit To Open

The IMAG History and Science Center, in association with The Origins Museum Institute, will open the Tutankhamun: Return of the King exhibition on Saturday, October 1. The exhibition celebrates the 100th anniversary of the discovery of King Tutankhamun's tomb and all its treasures and gold.

Thirty-four centuries ago, a young pharaoh, worshiped as a god, was laid to eternal rest in all his splendor, his rule mysteriously cut short by an unknown tragedy. Hidden in darkness beneath the desert sand for over three millennia, his spectacular golden treasures were finally brought to light with their discovery by

Howard Carter in 1922, to begin fulfilling their ancient magical task of ensuring that the name of Tutankhamun, the long-forgotten boy pharaoh, would live forever.

While the experience of seeing the original artifacts is unsurpassable, there are benefits to viewing the reproductions in this exhibit. The number of replicas in the Tutankhamun exhibit collection far exceeds the number of original objects from the tomb which have been allowed to leave the Egyptian Museum for view abroad. Many of the more impressive artifacts will never be seen in the United States but for these replicas, including such spectacles as the golden Canopic Shrine, the golden State Chariot, the golden Mummy Case and the Bejeweled Mummy of the pharaoh himself.

This collection of reproduced legendary artifacts preserves the grandeur



The golden Canopic Shrine And Tutelary Goddesses

and mystery of the most astonishing archaeological treasure ever discovered. Because all pharaohs were buried with the same sacred artifacts, more or less, Tutankhamun's own treasures were replicas in their day. Crafted from the same ancient, traditional designs, the riches in this collection of 130 artifacts are presented as a portrait of an ancient individual and the remote times in which he lived. Instead of traditionally focusing on the chambers of the tomb,



The well-known Funerary Mask of Tutankhamun

the artifacts in the exhibit are grouped according to aspects of the pharaoh's life: the Introductory Hall, the Hall of the Discovery, the Private Pharaoh, the Public Pharaoh and the Sacred Burial.

The replica exhibition of Tutankhamun: Return of the King brings to life the opulent age of 18th Dynasty Egypt.

IMAG History and Science Center is located at 2000 Cranford Avenue in Fort Myers. For more information, visit www.theimag.org or call 243-0043.*

Fall Classes For Aspiring Actors

Children ages 7 to 16 are invited to have fun with musical theater, get an introduction to acting, or get tips for auditioning through Florida Repertory Theatre's fall education programming. Three six-week sessions will be offered on Saturdays from September 17 through October 22. Programs being offered are:

Musical Fun with Annie for students ages 7 to 9 runs from 10 to 11:15 a.m.; Introduction to Acting for students ages 8 to 12 runs from 10 to 11:30 a.m.; and Audition Workshop Series for students ages 12 to 16 runs from 11:45 a.m. to 1:15 p.m.

All classes are held at Florida Repertory Theatre, located at 2268 Bay Street in Fort Myers. For information, visit www.floridarepeducation.org or call 219-1551 to register.*

A Sanibel Tradition Since 1980

Pinocchio's
LIFE IS COOL!
Original Italian Ice Cream

Connect with us!

Sanibel Island
2075 Periwinkle Way, #33
Sanibel Island, FL 33957
(239) 472-6566

Fort Myers
16230 Summerlin Road, #202
Fort Myers, FL 33908
(239) 472-0547

It's Not Just Ice Cream
It's a Dessert Experience!

Handcrafted Artisan Frozen Confections
Prepared Fresh Daily!

23+ Flavours *Unique Flavours* *Loyal Fans*

Open Daily! 11:00 am-9:00 pm

LUCILLE'S BOUTIQUE

PREMIUM WOMEN'S CONSIGNMENT

15675 McGregor Blvd. Extension
Ft. Myers, Florida 33908

Mon - Fri 10 to 5
Sat 10 to 4

239-489-3554

Consignment by appt. only

lucillesboutique@hotmail.com

BRING THIS AD IN FOR 10% OFF YOUR PURCHASE

Fort Myers Art:

Mural Project To Turn River Basin Into Museum



by Tom Hall

A 54-panel mural project is coming to the downtown Fort Myers river basin. Depicting portraits and scenes that recount Fort Myers' historic relationship to the Caloosahatchee,

the murals will be installed beginning this November on the concrete stanchions that anchor the decorative railing which encircles the detention basin that is overlooked by the Luminary Hotel.

When they drew up the plans for the detention basin in 2011, the architects who designed Phase 1 of the Riverfront Redevelopment Plan intended to include art on the face of each stanchion. That's why each stanchion includes a one-inch deep illuminated inset.

In June 2012, Assistant City Manager Matt Johnson urged the public art committee to think of the stanchions as a canvas. "Rather than a place for one piece of art, the new basin can be the site for multiple artworks; an economic



A planned historic mural image upon a concrete stanchion

photo courtesy www.artswfl.com

engine to incorporate arts into the entire downtown. And not just the visual arts. It will be a public space that can be used by dancers, musicians and performers."

Ten years later, the stanchions and four monuments or obelisks on Edwards Drive will not be the site of just any art. Rather, they'll be stories of how Fort Myers developed from

cow town into a thriving port city at the turn of the 20th century that was dominated by wooden piers and marginal wharves jutting hundreds of feet into the Caloosahatchee. This part of the city's autobiography has faded from the memories of even our oldest natives and longtime residents. Newer arrivals have no idea what the waterfront was like between 1850 and 1950 or that, for example, it was possible during much of this 100-year span to catch trophy-size tarpon here in the river or that, until 1907, the riverbank originally meandered 20 to 30 feet south of Bay Street.

When completed, the mural project will convert the drab concrete stanchions and obelisks into a colorful, eye-catching walkable outdoor art and history museum that will finally realize Johnson's dream of transforming the detention basin into an arts and cultural destination that will lure visitors downtown, keep them there longer and drive paying customers into downtown eateries, pubs, cafes and retail stores, not to mention performances at Florida Repertory Theatre and exhibits at local galleries and art centers.

As Johnson stated in 2012, arts and cultural destinations function as economic drivers. According to a survey conducted in 2016 by Americans for the Arts, 24.3 percent or 831,749 people who attended art and cultural events in Lee in 2015 came from out of the county. And on average, they spent \$47.31 per person over and above the cost of admission at the event they attended for things like meals, transportation, lodging and souvenirs.

The outdoor art and history museum envisioned by the public art committee and CRA will not only appeal to out-of-towners and an exponentially growing number of heritage and cultural tourists from around the globe, but enhance the visitor experience of everyone staying at Luminary and other area hotels, coming

to town for a convention or business meeting, attending performances and concerts at the Rep, Davis Art Center and newly completed amphitheater, and who visit the River District for Art Walk, Music Walk, ArtFest Fort Myers, Fort Myers Film Festival and similar events.

The murals will also provide viewers with picturesque backdrops for selfies and photo ops that will drive social media and increase word of mouth.

But don't expect to see artists actually painting murals on the faces of the detention basin stanchions and obelisks.

"Each artist will be given a kit containing mural cloth and Golden Paints along with the image they choose," points out Fort Myers Mural Society Executive Director Shari Shifrin. "This will allow them to paint their mural in the comfort and privacy of their home or art studio."

The completed mural panels will then be affixed to the concrete via a bonding agent in a six-step process that converts the mural cloth into a tile-like panel that is resistant to damage from UV sunlight, moisture and even graffiti. According to studies being conducted in Los Angeles and Philadelphia, this process can enable murals to last without fading for 30, 40, even 50 years with minimal annual maintenance.

But how will the public learn the story each mural tells?

"The significance of each mural will be explained on a free mobile app known as Otocast," reports Public Art Committee Chairwoman Leila Mesdaghi. "On Otocast, viewers will find text about the image and the artist who painted it. They'll be able to look at the historical photos the artist consulted in rendering their mural. And there will be a short audio that gives the background and tells the story of Fort Myers' historic relationship to the river."

Viewers won't even have to tap an icon or arrow to listen to these audios. That's because Otocast will be toggled so that the audio will automatically come on once a user comes within six feet of a mural panel.

While Otocast will enable anyone and everyone to structure self-guided walking tours of the basin, True Tours plans to introduce a guided tour in the spring for folks who like that personal touch.

The public art committee and Fort Myers Mural Society expect to complete installation of all the murals by December 31. It may take a little longer to record all the audios needed for Otocast.

While nearly three dozen local artists have indicated an interest in participating in the project so far, there is still room for more. Artist orientation and image selection meetings are scheduled for Thursday and Saturday, September 22 and 24. If you would like to be considered for the project, contact Shari Shifrin by email at art@grandillusion.com.

Tom Hall is both an amateur artist and aspiring novelist who writes art quest thrillers. He is in the final stages of completing his debut novel titled Art Detective. A former tax attorney, he lives in Estero with his fiancé and their four cats.*

ENJOY OUR ISLANDS AND PROTECT WILDLIFE AT THE SAME TIME!

Sanibel and Captiva provide crucial habitat for many sea turtles, shorebirds, and sharks. You can help us protect these species by practicing a few easy wildlife-friendly habits.

Check out our beach tips by visiting SanCapLifeSavers.org or simply scan the code.

PERSONALIZED ADDRESS PLAQUES

- Weatherproof PVC
- Up to Six Numbers

Order at www.naturebrackets.com (Free Shipping) • 239.454.1001



ReadingPals volunteer Betsy Stewart helping a student

photo provided

Volunteers Needed For Reading Program

United Way of Lee, Hendry, and Glades is recruiting volunteers for the United Way ReadingPals program to read with prekindergarten to second graders at 12 school sites in Lee County.

ReadingPals offers volunteers an opportunity to build meaningful relationships with young children, while helping them improve their social-emotional development and early literacy skills. The program provides mentors to positively influence students' understanding of the fundamental building blocks of reading. Children who are read to are more likely to become good readers. Children who read at grade level by the third grade are four times more likely to graduate from high school.

Volunteers commit to one hour a week during the week and throughout

the school year. A short training period will provide all the necessary tools and materials. Volunteers are needed at the following participating sites: Bonita Springs Elementary, Colonial Elementary, Edgewood Academy, Franklin Park Elementary, J. Colin English Elementary, New Horizons Estero, Pinewoods Elementary, Villas Elementary and all Lee Health Medical Child Development Centers – Cape, Gulf Coast, HealthPark and Lee.

The program is supported by the Children's Movement of Florida in 15 United Ways. To learn more, contact Nancy Coker at nancyc@unitedwaylee.org or 433-7544. To register, go to www.unitedwaylee.org/readingpals.

In addition to raising funds for human service organizations in the community, United Way promotes partnerships and collaborations among agencies and initiatives. Helping them work together focusing on issues and solutions that continue to improve lives.

For more information, call United Way at 433-7544 or visit www.unitedwaylee.org.

Interactive Games For Young Conservationists

Now that students have returned to the classroom for the new school year, educators and parents can encourage continued learning with Gone Fishin' games. The Florida Fish and Wildlife Conservation Commission (FWC), in partnership with Pubble, a digital education company, created five interactive games that engage and educate students on marine fisheries conservation.

Take a virtual fishing trip, match habitats with Florida fish species, remove trash and invasive lionfish from a reef, learn proper fish handling techniques and

complete a virtual fish dissection. Games are geared for fourth grade students and older but can be experienced by students and adults of all ages. These activities bring marine science right to your fingertips, providing accessible education to your home or classroom and tips to use when you head out on your own saltwater fishing trips.

Visit the interactive games at www.floridafishing.pubble.com.

Learn more about FWC's saltwater outreach and education programs at www.myfwc.com/marine. For questions, contact marine@myfwccom.org or 850-487-0554.

Your purchase of fishing equipment, motorboat fuel and fishing license supports aquatic education and outreach efforts. For more information, visit www.myfwc.com/sfr.



SPECIAL EXHIBITIONS NOW ON VIEW

ADORNED BY THE SEA:
Shells in Fashion

MOLLUSK HOSPITAL: A Shell Folk Art Journey in 20 Rooms

Open during regular Museum hours with paid admission

Summer exhibitions made possible by a grant from the Cornelia T. Bailey Foundation and a gift from Mark and Kathy Helge.

FREE ONLINE LECTURES

Aug. 11: Mobilizing Millions of Mollusks of the Eastern Seaboard

by Dr. Rüdiger Bieler, Curator of Invertebrates, The Field Museum; and Dr. José H. Leal, Science Director and Curator, BMNSM

Sep. 14: Saving the Queen of the Sea: Queen Conch Conservation Aquaculture

by Dr. Megan Davis, Research Professor, Aquaculture and Stock Enhancement Program, Florida Atlantic University Harborbranch Oceanographic Institute

Oct. 13: Land Snails in Los Angeles: An Experiment in Urban Citizen Science

by Dr. Jann Elizabeth Vendetti, Associate Curator and Twila Bratcher Chair in Malacology, Natural History Museum of Los Angeles County

Past online lectures available to view anytime at ShellMuseum.org.

Register at ShellMuseum.org/lectures

Lectures made possible by a gift from Mark and Kathy Helge.

FALL CLASSES

Nov. 2: Fantastic Shells and Where to Find Them

Nov. 8: Mound House Field Trip (Fort Myers Beach)

Nov. 16-17: A Day in the Life of an Aquarist

Nov. 29: Shell Ambassador Certification Course

Dec. 13: Lighthouse Beach Marine Biology and Field Lab

Register at ShellMuseum.org/classes



IMAXtree by Launchmetrics

 3075 Sanibel-Captiva Rd., Sanibel, FL
 (239) 395-2233 • ShellMuseum.org

Open Daily
10 a.m.-5 p.m.

fort MYERS
LEE COUNTY TOURIST DEVELOPMENT COUNCIL

Students Gain Academic Honors

Sixty students from the School District of Lee County have earned academic honors from the College Board National Recognition programs. These programs grant underrepresented students with academic honors that can be included on college and scholarship applications and connect students with universities across the country, helping them meaningfully connect to colleges and stand out during the admissions process. Colleges and scholarship programs identify the students through college board's student search service.

The College Board Recognition program honors students in four categories: National African American Recognition Award, National Hispanic Recognition Award, National Indigenous Recognition Award and/or National Rural/Small Town Recognition Award. Only 62,000 students received a recognition award this year.

The following Lee County students have been awarded the National Hispanic Recognition Award:

Omar Buenostro; Bonita Springs High

Anthony Busatta, Alexander Rodriguez, Humberto Carralero, Veronica Verona and Ryan Fernandez; Cape Coral High

Isaac Deleon; Dunbar High
Emily Sarduy, East Lee County High
Isabella Acosta, Jason

Mendez-Martinez, Alexandra Bocanegra, Alexander Munoz, Wendy Campos, Antonio Orbe, Olivia Cabrera, Jake Phinney, Caleb Cetina, Ximena Rodriguez, Luis Diaz, Joseph Serrat, Cristian Garcia-Salinas, William Servellon Lopez, Thalia Gutierrez and Abigail Tapia; Fort Myers High
Dezmin Goodman; Island Coast High
Ivanna Espinosa, Dalianys Lachel and Oliva Resendes; Mariner High
Jaime Antunez, Giselle Leon, Arianny De Sena, Jason Medrano, Solange De La Vega, Nivaya Montoya, Natalia Eaton, Abigail Petro, Sarah Eng, Ryan Ziegler and Samuel Ford; North Fort Myers High

The following Lee County students have been awarded the National African American Recognition Award:

Jareah Plummer and Jayce McMillian; Bonita Springs High
Denelson Estimable, Wisner Henry and Leilani Marsicano; Dunbar High
Siang Chin; East Lee County High
Dominique Aime, Ravelka Lafalaise, Sa'nya Battle, Rodger Paul and Mya Brown; Fort Myers High
Dezmin Goodman; Island Coast High
Sarah Eng and Payton Tshiams; North Fort Myers High

The following students have been awarded the National Indigenous Award:
Jayce McMillan; Bonita Springs High
Kainoa Acol; Fort Myers High

The following Lee County students have been awarded the National Rural and Small Town Recognition Award:
Alyssa Anderson, Jayce McMillan,

Brooke Dore-smith, Anthony Napolitano, Giordan Dyokas, Ava Pham, Dennis Kerry and Peter Panzeri; Bonita Springs High.

Students with a GPA of 3.5 or higher and have excelled on the PSAT/NMSQT or PSAT 10, or earned a score of 3 or higher on two or more AP Exams; and are African American or Black, Hispanic American or Latinx, Indigenous, and/or attend school in a rural area or small town are eligible for an award. Eligible students are invited to apply during their sophomore or junior year, and recognitions are awarded at the beginning of the next school year.

New Local Base For Airline

Avelo Airlines is accelerating the airline's U.S. expansion with the opening of a fourth base this fall at Southwest Florida International Airport (RSW).

Avelo currently operates bases at Los Angeles' Hollywood Burbank Airport (BUR), Southern Connecticut's Tweed-New Haven Airport (HVN) and Orlando International Airport (MCO).

To support its expanding Fort Myers presence, Avelo expects to create more than 35 RSW-based jobs. These positions will be a combination of Avelo crewmembers and jobs with Avelo business partners operating at RSW. Roles will include airport customer

Students receive their awards in time to include them on their college and scholarship applications.

"We want to honor the hard work of these students through the College Board National Recognition programs. This program creates a way for colleges and scholarship programs to connect directly with underrepresented students who they are hoping to reach," said Tarlin Ray, college board senior vice president of BigFuture. "We hope the award winners and their families celebrate this prestigious honor, and it helps them plan for their big future."✪

service, aircraft technical operations and maintenance, pilots, flight attendants and supervisors. Candidates can learn more about Avelo's Fort Myers-based career opportunities at www.aveloair.com/careers.✪

College Graduates

Two Southwest Florida students have graduated from the University of the Cumberland in Williamsburg, Kentucky.

Abhinav Meesa of Fort Myers received a master of business administration degree. Victoria Baker of Cape Coral received a master of arts degree in clinical mental health counseling.✪

Churches/Temples

ALL FAITHS UNITARIAN CONGREGATION

Service 10:30 a.m. in house and live on Facebook. Adult Ed Forum 9:15 a.m. in Sanctuary, www.allfaithsuu.org, 2756 McGregor Boulevard, 226-0900.

ALL SAINTS BYZANTINE RITE CATHOLIC

Sunday 10:30 a.m., 10291 Bayshore Road, 599-4023.

ANNUNCIATION GREEK ORTHODOX

Sunday 9 and 10 a.m., www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, 481-2099.

BETH YESHUA MESSIANIC SYNAGOGUE

Saturday 11 a.m. 15675 McGregor Boulevard, 437-3171.

BIBLESHARE

10 a.m. Sunday and 7 p.m. Tuesday, www.simplysimpleworship.com, 7050 Winkler Road, Suite 121, 437-8835.

CHABAD LUBAVITCH ORTHODOX

Friday 6:30 p.m., www.chabadswf.org, 5620 Winkler Road, 433-7708.

CHAPEL OF CYPRESS COVE

Sunday 10 a.m., www.revtedalhouse@aol.com 10200 Cypress Cove Circle, 850-3943.

CHAVURAT SHALOM

Friday Shabbat services every week 7:30 p.m. Other programs on vacation. ChavuratShalom@gmail.com.

CHURCH OF THE CROSS

Sunday 9:15 and 10:45 a.m. 13500 Freshman Lane, 768-2188.

COVENANT PRESBYTERIAN

Sunday 10 a.m. 2439 McGregor Boulevard, 334-8937.

CROWN OF LIFE LUTHERAN CHURCH AND CHRISTIAN ACADEMY

Sunday 8 and 10:45 a.m. Jan 1 – Easter; 9 a.m. after Easter – Dec 31. www.crownoflifelutheran.com.

www.crownoflifelutheran.com. 5820 Daniels Pkwy, 482-2315.

REDEEMER CHURCH

Sunday 9:45 and 11 a.m., 7 p.m.; Wednesday 6:30 p.m. 8400 Cypress Lake Drive, 481-5442.

CYPRESS LAKE PRESBYTERIAN

Sunday 9 and 11 a.m. English, 10 a.m. Spanish. www.clpc.us, 8260 Cypress Lake Drive, 481-3233.

CYPRESS LAKE UNITED METHODIST

Sunday 8, 9:30 and 11 a.m. 8570 Cypress Lake Drive, 482-1250.

FAITH UNITED METHODIST

Sunday 10 a.m., 15690 McGregor Boulevard, 482-2030.

FIRST CHURCH OF CHRIST, SCIENTIST

Wednesday 12 noon Testimony Service, Sunday 10:30 a.m., www.christiansciencefortmyers.net, www.christianscience.com. 2390 West First Street, 334-6801.

FIRST CHURCH OF THE NAZARENE

Sunday 10:30 a.m. and 6 p.m., 13545 American Colony Boulevard, 936-2511.

FORT MYERS CHRISTIAN CHURCH

Sunday 10:30 a.m., 5916 Winkler Road, 437-4330.

FORT MYERS CONGREGATIONAL UNITED CHURCH OF CHRIST;

Sunday 10 a.m., 8210 College Parkway, 482-3133.

FIRST PRESBYTERIAN CHURCH OF FORT MYERS

11 a.m. Sunday, www.fpcforymyers.org, 2438 Second Street, 239-334-2261

IONA-HOPE EPISCOPAL CONGREGATION

Saturday 5 p.m.; Sunday 8 a.m. and 9:30 a.m.; Tuesday 9:30 a.m.; Wednesday 9:30 a.m., 9650 Gladiolus Drive, 454-4778.

JESUS THE WORKER CATHOLIC

Friday and Saturday, 7 p.m.; Sunday 8, 10 a.m. and 6 p.m., 881 Nuna Avenue, 481-1143.

LAMB OF GOD

Sunday 7:45 and 10 a.m., www.lambofgodchurch.net, 19691 Cypress View Drive, 267-3525.

NEW HOPE PRESBYTERIAN

Sunday 8, 9:30 and 11 a.m., www.newhopefortmyers.org, 10051 Plantation Road, 274-1230.

PEACE COMMUNITY

Sunday 10:30 a.m. www.peacecommunitychurch.com, 17671 Pine Ridge Road, 267-7400.

PEACE LUTHERAN

Sunday 8 and 10 a.m., www.peaceftmyers.com, peace@peaceftmyers.com. 15840 McGregor Boulevard, 437-2599.

REDEEMER LUTHERAN

Sunday 8:15 and 10:15 a.m. 3950 Winkler Ext., 274-0143.

RIVER OF LIFE ASSEMBLY OF GOD

8, 9:45 and 11:30 a.m., 21580 River Ranch Road, 495-0400.

SAMUDRABADRA BUDDHIST CENTER

Meditation classes. www.MeditationInFortMyers.org, 567-9739.

SAINT COLUMBKILLE CATHOLIC

Monday through Saturday 8 a.m.; Saturday 3 and 5 p.m.; Sunday 7, 9 and 11 a.m., 5:30 p.m., 12171 Iona Road, 489-3973.

ST. FRANCIS XAVIER CATHOLIC

Monday through Thursday 6:45 a.m.; Friday 6:45 and 11 a.m.; Saturday 4 p.m.; Sunday 6:45, 9:30 and 11 a.m., 2157 Cleveland Avenue, 334-2161.

SAINT JOHN THE APOSTLE METROPOLITAN

Sunday 10 a.m., 3049 McGregor Boulevard, 344-0012.

SAINT MICHAEL LUTHERAN

Saturday 5:30 p.m.; Sunday 8 and 10:45 a.m., 3595 Broadway, 939-1218.

SAINT NICHOLAS MONASTERY

Sunday 9:30 a.m., www.saintnicholasmonast

[ery.org](http://www.ery.org), 111 Evergreen Road, 997-2847.

ST. VINCENT DE PAUL CATHOLIC

Tuesday through Friday 9 a.m.; Saturday 4 p.m.; Sunday 9 and 11 a.m., 13031 Palm Beach Boulevard, 693-0818.

SOUTHWEST BAPTIST

Sunday 11 a.m.; Wednesday 6 p.m., 16940 McGregor Boulevard, 454-3336.

TEMPLE BETH EL SYNAGOGUE

Friday Shabbat 7:30 p.m.; Torah Saturday 9 a.m.; Religious School Wednesday 5:30 p.m. and Sunday 9:30 a.m., www.templebethel.com, 16225 Winkler Road, 433-0018.

TEMPLE JUDEA (CONSERVATIVE)

Friday 6:30 p.m. and Saturday 9 a.m., www.tjswfl.org, 14486 A&W Bulb Road, 443-0201.

THE FAITH CENTER

Sunday 9 and 10:30 a.m., Thursday 7:15 p.m., 17650 South Tamiami Trail, Suite 212, 278-3638.

THOMAS A. EDISON CONGREGATIONAL

Sunday 10:30 a.m., www.taecc.com, 1619 Llewellyn Drive, 334-4978.

UNITARIAN UNIVERSALIST

Sunday 10:30 a.m., www.uucfm.org, 13411 Shire Lane, 561-2700.

UNITY OF FORT MYERS

Sunday 10 a.m., www.unityoffortmyers.org, 11120 Ranchette Road, 278-1511.

WESTMINSTER PRESBYTERIAN CHURCH

Sunday 9:30 and 10:45 a.m., 9065 Ligon Court, 481-2125.

WORD OF LIFE

Sunday 10 a.m., Wednesday 7 p.m., 2120 Collier Avenue, 274-8881.

ZION LUTHERAN

Saturday 5 p.m.; Sunday 8, 9:30 and 11 a.m., www.zionfm.org, 7401 Winkler Road, 481-4040.

*Email changes to press@islandsunnews.com or call 395-1213.**

Tips For Deterring Hungry Bears

With autumn approaching, the Florida Fish and Wildlife Conservation Commission (FWC) reminds residents and visitors that our state's black bears are more active in search for food. You can help prevent negative interactions with bears and other wildlife by securing garbage, removing food attractants and following other BearWise practices.

During the fall, bears start consuming more calories to pack on fat reserves for the winter, even if they are not hibernating as they do in colder climates. Any accessible food source, such as unsecured garbage, pet food or bird seed, can be enticing to a hungry bear preparing for the winter, potentially drawing them into conflict with people.

"Adult bears need to take in approximately 20,000 calories a day during the fall," said FWC's Bear Management Program Coordinator David Telesco. "If given the opportunity, bears will take advantage of easy meals from things including unsecured trash cans and bird feeders. However, if bears don't find a food source in a neighborhood, they'll move on."

You can avoid attracting bears to your neighborhood and help prevent negative interactions with bears and other wildlife by following these six BearWise Basics:

Never feed or approach bears – Feeding bears can make them lose their natural fear of people. It is illegal in Florida to intentionally feed bears or leave out food or garbage that will attract bears and cause conflicts. Getting close to a wild animal is dangerous.

Secure food and garbage – Store garbage in a sturdy shed or garage and then put it out on the morning of pickup rather than the night before.

If not stored in a secured building, modify your existing garbage can to make it more bear-resistant or use a bear-resistant container. Secure commercial garbage in bear-resistant dumpsters.

Protect gardens, beehives, compost

and livestock with electric fencing.

Pick ripe fruit from trees and bushes and remove fallen fruit from the ground.

Remove or secure bird feeders – Remove bird feeders where bears are present. If bird feeders are left up, only put enough food out for birds to finish eating before dark. Use other options to attract birds, not bears.

Never leave pet food outdoors – Feed pets indoors. If feeding pets outdoors, only put food outside for short time periods and bring in leftover food and dishes after each feeding.

Clean and store grills – Clean and degrease grills and smokers after each use. If mobile, store them in a secure shed or garage.

Alert neighbors to bear activity – If you see a bear, let your neighbors know. Share tips on how to avoid conflicts with bears. Encourage your homeowner's association or local government to institute bylaws or ordinances to require trash be kept secure.

While black bears generally are not aggressive, they can injure people and pets. Dogs can trigger defensive behaviors from bears; 60 percent of incidents where bears injured people in Florida involved dogs. When walking dogs, keep them close to you – preferably on a non-retractable leash – and be aware of your surroundings. Before letting your dog out at night, flip lights on and off, and bang on the door to give bears and other wildlife a chance to flee.

As bears increase their movements in search of food this time of year, they also increase the number of roads they cross. For the safety of yourself and bears, remember to slow down when driving, particularly on rural highways at dawn or dusk. Watch for road signage identifying known bear crossing areas.

Having conflicts with bears? Call one of the FWC's five regional offices. Go to www.myfwc.com/contact, and click on "Contact Regional Offices" to find the phone number for your region. If you want to report someone who is either harming bears or intentionally feeding them, call the FWC's Wildlife Alert Hotline at 888-404-3922.

For more information, visit www.myfwc.com/bear, where you can access

the "Guide to Living in Bear Country" brochure. Find additional ways to be BearWise at www.bearwise.org. Help

us help bears and other wildlife by purchasing the Conserve Wildlife tag at www.wildlifeflorida.org/cwt.✱

Plant Smart

Fetterbush Lyonia

by Gerri Reaves

Fetterbush lyonia (*Lyonia lucida*) is a glossy-leaved shrub native to the southeast U.S.

A long-lived member of the heath family, it is found throughout Florida and grows in moist low areas such as pine flatwoods, swamps, wet woods and bogs.

The term *lucida* derives from Latin for "shining," "glittering" or "clear," thus another common name, shiny lyonia.

It grows six to eight feet high, usually developing multiple three-angled stems from the trunk.

The alternate lance-like or oval leaves have pointed tips and measure one to three inches long.

A notable characteristic is a vein that runs along the entire leaf edge.

New leaves are coppery in color but mature to a shiny deep green.

The attractive foliage provides cover for wildlife.

Elongated racemes of showy urn-shaped flowers range in color from white to pink to deep rose.

They have a honey-like fragrance, bloom in spring, and attract bees.

They are about a half-inch long and have five light-green sharply pointed sepals at their base.

This species has a low tolerance for salt inundation, spray or wind.

Once established, it will tolerate short periods of drought.

Give this shrub partial shade or sun and moist well-drained acidic soil. It has a moderate growth rate.

Birds and other wildlife eat the dark brown ovoid fruit, which splits open when mature to reveal the seeds.

Propagate it with root cuttings, by



Native fetterbush lyonia produces fragrant urn-shaped flowers photo by Gerri Reaves

root division or with the tiny seeds.

It will also spread via suckers.

Sources: *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio; *The Guide to Florida Wildflowers* by Walter Kingsley Taylor; *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *The Shrubs and Woody Vines of Florida* by Gil Nelson; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; <https://edis.ifas.ufl.edu>; www.flawildflowers.org; <http://floranorthamerica.org>; www.fnps.org; www.regionalconservation.org; and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✱

MADE WITH FRESH KEY LIMES AND RAW HONEY

AWARD WINNING!



Drink Local

Captiva Spirits

KEY LIME HONEY VODKA
Wonderfully Smooth, Naturally Florida!



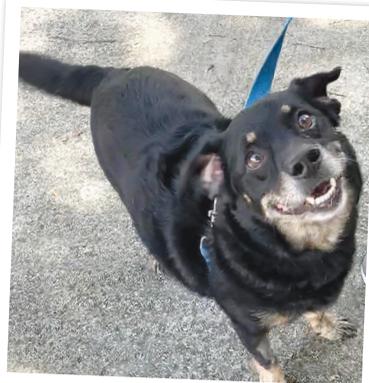
CAPTIVASPIRITS.COM

ARC
Animal Refuge Center

ARC is the largest no-kill shelter/sanctuary in Florida. They house both dogs and cats.

Please visit their website for more information or schedule a visit.

This friendly, adorable, chubby angel is looking for a forever home. He knows his basic commands, get along with other dogs and loves people. Why not contact ARC to make an appointment to meet him today!



Moe

Mix Breed • Male
5 yrs • 31 lbs

239-731-3535 • AnimalRefugeCenter.com
18011 Old Bayshore Rd, N. Ft. Myers

Wide Open Redfish Action



by Capt. Matt Mitchell

All the rain we have experienced over the past week has done wonders to cool off our waters and fire up the fish. These late summer rains have made getting out on the

water a little sketchy as thunderstorms have come at almost any time. Staying closer to home and keeping an eye to the sky has been key to staying dry, at least most of the time.

Strong southerly winds also blow the water in and create huge high tides, which we saw last week. During these massive tides, the first thing that comes to my mind is fishing shorelines that are usually not accessible during regular tide cycles. One favorite area is the many mangrove islands from Demere Key north to Pineland. No matter how long I have fished this area, I always seem to find somewhere new that produces fish. Start on the wind-blown sides of these mangrove islands, concentrating on the points and in the small creek mouths.

If you plan on anchoring up or more likely dropping the power poles, a tail-hooked, half dollar-sized pinfish or cut bait is hard to beat. Don't stay anywhere for very long until you find the fish. My



Fall tarpon fishing is only getting better

photo provided

favorite ways to fish these shorelines is on a trolling motor or push pole throwing soft plastic jigs. This method allows you to cover lots of ground and basically pick a whole shoreline apart. With so many options on soft plastics, I generally go with a DOA Cal or a Z-man swim bait on either a weighted weedless setup or a quarter-ounce jig head. This style of soft plastic bait is easy to skip way up under the limbs. Go with a three-inch bait in a natural color that resembles a shiner or pinfish.

Our amazing redfish fishing will continue over the next few months with big schools pushing into the sound. These fish can be caught in a wide variety of places using lots of different methods. Over the past week, I've had several reports of

redfish being mixed in with feeding bluefish and jacks in the Redlight Shoal area of the middle sound. When you're in a wide-open blitz like this, the bait just doesn't matter. What's more important is that you are rigged and ready to go. Every bait gets attacked as these fish have that pack mentality, racing towards anything and everything they can eat.

Both Redfish and Captiva passes are ground zero for these schools of redfish as they move in from the gulf. Either drifting these passes or setting up on the many docks with live weighted baits is a great game plan. Shoals and spoil banks just inside the passes are the highway for these roaming schools of hungry redfish. Most of these schooling redfish caught will be

over the slot of 27 inches and need to be carefully released.

With most anglers spending their time chasing these schooling redfish, I like to sneak away when conditions are right and look for tarpon. Although this fall bite has not kicked into high gear yet, if you locate these fish, they are very happy to eat a well-presented bait. Out on the beaches, Fort Myers Beach and West Rocks on Sanibel are always worth a good, long look. A pinfish under a float is seldom refused once you do find these fish. Being the only boat on tarpon will happen more as our fall bait migration heats up.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com. ✨

From page 2

Historic Downtown

features, such as eyebrow overhangs, in the late 1940s.

The building is best remembered as the former side entrance to the lunch counter of McCrory's Five & Dime, which had moved into the Earnhardt Building on First Street in 1915 right after it opened.

In recent years, the Hendry Street building has been renovated and put to various uses.

Walk down Hendry to the site where bricks fell into a heap in 1947.

Then visit the following two research centers to learn more about early storm forecasting and recoveries.

The Southwest Florida Historical Society is an all-volunteer nonprofit organization open Wednesday and Saturday between 9 a.m. and noon. It is located at 10091 McGregor Boulevard on the campus of the Lee County Alliance for the Arts. Call 939-4044 for more information.

The Lee County Black History Society is located at 1936 Henderson Avenue, adjacent to the Williams Academy Museum at Roberto Clemente Park. Call 332-8778 for the hours or visit www.leecountyblackhistorysociety.org.

Also stop by the IMAG History & Science Center at 2000 Cranford Avenue or at www.theimag.org.

Sources: Archives of the Southwest Florida Historical Society, *The News-Press* and www.nhc.noaa.gov. ✨

CAPT. MATT MITCHELL

Light Tackle Sport Fishing
Sightseeing • Eco Tours
Tarpon • Snook
Redfish & More
C: (239) 340-8651
www.captmattmitchell.com
email: captmattmitchell@aol.com

CLEAR YOUR GEAR™
It Catches More Than Fish
Ingested fishing gear can kill
birds, reptiles and mammals

BILL FISCHER

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

ISLAND MARINE SERVICES, INC.
NEW MOTOR SALES • REBUILT POWERHEADS • FACTORY TRAINED
MERCURY - MARINER - JOHNSON - EVINRUDE
SUZUKI - YAMAHA - OMC - I/O'S - MERCUISER
Courteous Professional Marine Repair Service • Docksides Service
Serving Sanibel & Captiva For Life
472-3380 • 466-3344
Your Bottom Specialist • Call on Paint Prices

Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Virginia Opossum

by Bob Petcher



The Virginia opossum (*Didelphis virginiana*) is the only marsupial found north of Mexico. It has a triangular head, pointed nose and grayish fur on its entire body except

its ears, tail and feet. It also has a long, prehensile tail as well as short legs with sharp claws.

The opossum lives in a wide range of habitats but prefers wet areas like swamps, marshes and streams. In response to extreme fear, the opossum will feign death thus the phrase “playing possum.”

At CROW, a juvenile male Virginia opossum was admitted from Cape Coral after he was found wandering around in a driveway. After a few days of care, veterinarians noted scabbing on his ears and began closely monitoring for signs of necrosis. Intestinal parasite treatments were also administered.

“The necrosis is probably secondary to disease. If an animal has internal inflammation, such as from infection, the blood vessels inside their bodies can also become inflamed – called ‘vasculitis.’ The tips of the ears have high numbers of



Patient #22-4515 relaxes after a bout of necrosis and a possible internal parasite

photo by Haillie Mesics

very small blood vessels, so if these blood vessels are inflamed, they are very prone to becoming blocked. If they are blocked, the blood cannot get to the tissue in the ears, and the tissue can start to die off – necrose,” said Dr. Melanie Dittmer, CROW veterinary intern. “We did not see any ear injuries when the opossum arrived, so we assume it is because of disease.”

Later, the patient was taken into surgery for a successful procedure to remove the necrotic tissue.

“The surgery went very well,” said Dr. Dittmer. “Dead tissue can get infected very easily, so it is important to remove it

as soon as possible. Luckily, once tissue has died, it is fairly simple to remove. The main focus of the surgery was to remove the dead tissue and control any bleeding that resulted from the healthy tissue. It was akin to removing a scab. All the necrotic tissue was successfully removed.”

The opossum will continue to receive medications under supportive care, and close monitoring.

“The patient is receiving pain medication, multiple antibiotics and a medication that treats intestinal parasites,” said Dr. Dittmer. “We have a species-appropriate formulated diet that

he is getting, which is supplemented with fruits, vegetables and protein – such as egg, fish and insects.

Although the patient is in the juvenile stages of its life, CROW medical staff believes it may be ready for the wild. Opossums reportedly remain in the mother’s pouch until they are two months old, and may ride on their mother’s back for up to two months before becoming independent.

“This opossum, although not fully grown on arrival, was still old enough to be on his own out in the wild. As soon as he is back to full health, he will be released,” Dr. Dittmer confirmed.

“There is always a concern a patient could develop a secondary problem or have a setback during their treatments. Having said that, this opossum has been progressing well since admit, and we have no reason to think his condition would decline at this point.”

The opossum is expected to be sent back to its natural habitat soon.

“We are waiting for his ears to heal and for the intestinal parasite treatments to finish clearing his parasite load,” said Dr. Dittmer. “After that, he can be released.”

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.



The Butterfly Estates

Home of the Southwest Florida’s largest native Butterfly Conservatory! Visit DAAS Art Gallery and Gifts, Bullig Cafe and Thrifty Garden Shop.

Check out our website for for information at TheButterflyEstates.com

Located in Downtown Fort Myers

1815 Fowler Street, Fort Myers, Fl. 33901

Phone 239 -690-2359 - Free Parking Behind Buildings

MEET THE SHELL MAKERS

SEE SPECTACULAR EXHIBITS OF MOLLUSKS AND SHELLS

ENCOUNTER LIVE ANIMALS IN OUR TOUCH POOLS

BE WOWED BY OUR GIANT PACIFIC OCTOPUS

ATTEND A KEEPER CHAT AT 11 A.M. DAILY

WIN A PRIZE ON OUR SCAVENGER HUNT



BAILEY-MATTHEWS NATIONAL SHELL MUSEUM

3075 Sanibel-Captiva Rd., Sanibel, FL (239) 395-2233 • ShellMuseum.org

Open Daily 10 a.m.-5 p.m.





From left, Amy Speckman, Kaitlyn D'Alessandro and Eli White of Casa Ybel Resort. D'Alessandro won the top award in the Attractions category at the 22nd annual E Awards. photos provided



From left, Sade Griffin, Yevonne Ellerbee and Sassy Mobley of Lovers Key Resort. Ellerbee won the Best Tourism Boss award.

Winners Of VCB Hospitality And Tourism Awards

The Lee County Visitor & Convention Bureau (VCB) held its 22nd annual Elaine McLaughlin Outstanding Hospitality Service Awards recently to honor tourism professionals and their extraordinary customer service and dedication.

The "E Awards" ceremony, held at Hyatt Regency Coconut Point Resort & Spa in Bonita Springs, included more than 700 guests.

Presented by the VCB and The News-Press Media Group, the E Awards recognize Lee County's hospitality industry employees for going above and beyond to take care of visitors.

Residents, visitors and colleagues wrote 751 nominations for 553 individual nominees. Awards were presented in seven categories: Accommodations; Best Tourism Boss; Attractions; Restaurants; Transportation; Good Samaritan; and Other Services/Businesses. The Honor of Distinction award goes to the overall nominee who best represents the spirit of hospitality in Lee County.

Following are the winners:

Honor of Distinction – Anne Marie Copelin, Marriott Sanibel Harbour Resort & Spa.

From the nomination: "This nominee makes a difference in the lives of her colleagues and guests alike. A story was shared with us about a guest at the resort whose son had gone missing. This nominee remained calm, gathered a team and began the search for the young child. After a long 20 minutes, he was located and reunited with his mother who was extremely grateful to our Honor of Distinction winner."

Accommodations – Allison Wood, Holiday Inn Express & Suites Fort Myers Airport.

From the nomination: "Thousands

of travelers experienced canceled flights due to a variety of factors. The situation became a scary one for us as I am a single mom and disabled veteran, and being in such a situation with my two young boys was terrifying. We contacted the hotel's toll-free number and were erroneously advised there was a vacancy at this particular location. I am a retired military officer, and I have not seen that kind of fast, calm action since I was deployed overseas in combat. As a former commander, I would tell my troops that we only truly know we are professionals when we are under pressure and tested. My nominee is a true professional in customer service. She went above and beyond, and she literally saved us that night."

Honorable Mentions in this category went to: Kadir Kocasoy, Sanibel Harbour Marriott Resort & Spa; Gabriela Bellowin, Days Inn by Wyndham Fort Myers Springs Resort; and Dee Stevens, Outrigger Beach Resort.

Best Tourism Boss (first winner) – Yevonne Ellerbee, Lovers Key Resort.

From the nomination: "She never fails to jump in and help any department when needed. She will get her hands dirty by helping housekeeping clean rooms or fold laundry, hands on with checking in guests in the guest services department, and guests always love to see her helping maintenance by skimming the pool in six-inch heels."

Best Tourism Boss (second winner) – Bill Waichulis, Pink Shell Beach Resort & Marina.

From the nomination: "He fosters a culture and work environment that makes you want to get up and go to work and encourages employees with monthly luncheons, reward programs and an annual awards gala. He also has an open-door policy and invites one person from every department to attend a monthly meeting and share concerns, ideas and opportunities."

Attractions – Kaitlyn D'Alessandro, Casa Ybel Resort.

From the nomination: "You can always count on above and beyond customer service. She is creative, engaging, friendly and problem-solving, and she's great with customers of all ages."

Honorable Mentions in this category went to: Adam Sauerland, Tarpon Bay Explorers; Alexis Marino, Tarpon Bay Explorers; and Erin Lovejoy, River District Alliance.

Restaurants – Kyle Kuhn, The Island Cow.

From the nomination: "He had a party of 10 people who were celebrating their son's departure to the military and this nominee, being an Air Force disabled veteran, took a very personal interest in this boy's future. He rang the bell and announced this boy's achievements and what his future was going to hold. All our patrons and staff of more than 100 people stood up and applauded. The whole place was emotional as was my nominee, who had a hard time finishing his speech. As the night was coming to an end, the family was so gracious and very moved by the nominee's recognition for their brave son."

Honorable Mentions in this category went to: Tony Scafidi, Sundial Beach Resort & Spa; Ruthann Miljus, Hyatt Regency Coconut Point Resort & Spa; and Justin Hornyak, Hyatt Regency Coconut Point Resort & Spa.

Transportation – Diane Phillips, Lee County Port Authority.

From the nomination: "Each and every day, she works to reunite the traveling public with their lost items. This nominee can often be seen on a mission in RSW to track down a lost item – always with a smile. She takes care of each individual that enters her office with patience and kindness no matter if their lost item is a trinket or an heirloom."

Honorable Mentions in this category went to: Joshua Clark, Lee County Port Authority Police; Janet De Jesus, Frontier Airlines; and Jems Melidor, Lee County Port Authority

Police.

Good Samaritan – Michael O'Connell, Hyatt Regency Coconut Point Resort & Spa.

From the nomination: "This nominee assists one of our employees, Fred, who has hearing and speech impairments. It is not what he does during the time the employee is at work, but what this nominee does outside of his area of responsibility. Our nominee assists Fred with errands, takes him to dinner once a week and helps drive him places. He offers his time, and many times also funds, to look after the employee and never asks for anything in return."

Honorable Mentions in this category went to: Douglas Jaureguy, Edison & Ford Winter Estates; Nicholas Lubracki, Lee County Port Authority Police; and Anthony Miller, Dollar General.

Other Services/Businesses – Clare Harris, Billy's Bike Rentals.

From the nomination: "As I was walking my bike on the Sanibel Causeway, my nominee generously stopped and asked me if I was OK. After seeing my flattened tires, she loaded me and my bike into her truck and took me to the bike shop. I told her that I had no money with me, and she insisted on repairing my tires nonetheless – which she did excellently. She clearly went above and beyond when it came to helping me."

Honorable Mentions in this category went to: Jesse Myers, Jorge Ramirez and Shain Smith, Plumbing Nerds; Veronica "Roni" Martorelli, Bailey's General Store; and Michael Antenor, United States Postal Service.

For more information on the individual stories of the above-mentioned award recipients, visit www.eawards.org.

The E Awards were open to nominees from Sanibel and Captiva islands, Fort Myers Beach, Fort Myers, Bonita Springs, Estero, Cape Coral, Pine Island, Matlacha, Boca Grande & Outer Islands, North Fort Myers, Alva, Buckingham and Lehigh Acres. ✨

Health First

Health Benefits Of Spending Time In Nature



by Julie Rosenberg, MD

We live in a highly digital world. We spend hours each day attached to devices: smartphones, computers, tablets, etc. Many people spend little time

outdoors. Even for those of us living in sunny Florida, the heat and humidity may preclude regular outdoor activity.

I'm just returning from a trip to Alaska. I spent a week taking in the breathtaking views and natural beauty of our 49th state. The trip reminded me how much Mother Nature has to offer. In this article, I discuss five health benefits of spending time outdoors and in nature.

1. Improved physical health – Exercising in the outdoors can help boost your overall motivation to exercise, as it offers a welcome diversion from an indoor gym. Physical activity can be more interesting, enjoyable and sustainable in the outdoors. It can lead to overall improvements

in physical health such as lowered blood pressure and decreased risk of cardiovascular disease.

2. Improved mental health – Spending time in natural environments has been shown to decrease stress, tension, confusion, anger and depression. It has also been shown to promote feelings of revitalization, happiness and positive engagement, thus enhancing mental wellbeing.

3. Better sleep – Spending time outdoors can greatly improve sleep. Some researchers believe that spending enough time outdoors helps to reset your body's internal clock to be more in tune with nature's light-and-dark cycle. This not only helps to support your natural circadian rhythms, but also helps you to sleep more soundly at night.

Exposing yourself to natural sunlight can improve your sleep by:

Making you feel more tired at night; Helping you to fall asleep more quickly; and

Improving your sleep quality.

Being outside can also give your mind and body a break from artificial light, which can cause people to have difficulty sleeping.

4. Mental restoration – Most of us spend hours per day with activities requiring focused attention and mental exertion (e.g., computer work, driving a vehicle, preparing a report). Being in nature provides a break from these cognitive demands. It also offers a break

from the constant overstimulation in our world today.

Results from a recent study suggest that spending time in nature can help you feel more relaxed and focused, especially when you pause to notice your surroundings. I've found spending contemplative time in nature to be a mental and emotional refuge, especially when I feel stressed and need to unwind.

5. Improved immunity – Being outdoors helps your body to soak up vitamin D. Higher vitamin D levels support more robust immune function (as well as calcium metabolism, bone health and many other bodily functions).

Many plants put organic compounds called phytoncides into the air. Breathing in phytoncides increases the level of white blood cells in your body and may help to boost immune function.

How much time in nature is enough for health benefits?

Spending time in nature is not an all-or-nothing proposition. In a large observational study published in 2019, researchers surveyed 19,806 people in the United Kingdom about the recreational time they spent in nature during the past seven days, along with their self-reported health and well-being. They found that people who spent at least two hours per

week in nature experienced improvements in their mental and physical health, compared to those who didn't spend time in nature. That's about 17 minutes per day. While the researchers recognized that prospective, longitudinal studies are needed to confirm their findings, these data are a good starting point for meaningful discussions.

Conclusion:

Our society suffers from insufficient activity levels and an increasing disengagement between people and the natural environment, especially in the context of urbanization.

Spending regular time outdoors promotes a healthy lifestyle and can boost physical and mental wellbeing. Any outdoor activity that gets your body moving – walking, cycling, hiking, swimming, gardening – will offer some health benefits. So, spend more time outdoors and in nature. Reconnect with the earth and savor the natural beauty around you.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.✱

Impact Statistics For Junior Achievement

Junior Achievement of Southwest Florida's 2021-22 impact statistics have been released, depicting continuous expansion and success in the mission to inspire young people to thrive in the community.

The organization provided more than 134,800 hours of instruction to over 14,700 students in 589 classes throughout Collier, Lee and Charlotte counties. In comparison to last year, seven percent more hours of instruction were performed, and seven percent more students received that instruction.

"We are continuing to expand each year thanks to the amazing work of our team, volunteers and supporters," stated Angela Fisher, president and CEO of Junior Achievement of Southwest Florida. "I am proud to announce last year's success, but most importantly, to know

that our local students have benefitted. We look forward to another school year of positively influencing our future leaders."

This year, Junior Achievement of Southwest Florida is offering 22 courses to students throughout Lee, Collier and Charlotte counties. By 2025, the organization hopes to have facilitated programming for every child in Southwest Florida. With in-person and virtual classes, and events such as JA Inspire, the organization is sure to reach more children with each passing year.

To achieve JA's mission, many volunteers are needed. They help the organization sustain its growth and serve as many students as possible. Without these dedicated members of the community, much less could be achieved.

The organization will continue to accelerate its existing programs to deliver an impactful and essential curriculum, focusing on work and career readiness and financial literacy.

For more information or if interested in volunteering, visit www.jaswfl.org, call 225-2590 or email info@jaswfl.org.✱



Window Treatments . Furniture . Flooring . Lighting . Accessories . Closets

DECORATING DEN INTERIORS®

Luxury Design | Concierge Service

"We take care of all of the details, so you don't have to"



695 Tarpon Bay Rd. Sanibel, FL 33957 239.472.6551
coin.decoratingden.com

ALL ABOUT



REAL ESTATE EXPERT

SW Florida, Fort Myers Beach, Sanibel & Captiva Islands is All About Home

Cathie Lewis, Realtor

I will Sincerely work for You

Phone: 239-745-7367

Cathie@AllAboutHome.Life
Pfeifer Realty Group



Book Review

The Last House On The Street



by Di Saggau

The Last House on the Street by Diane Chamberlain is a historical fiction set in the deep south during the mid 1960s as the civil rights movement is growing. The novel

switches between two points of view, Ellie in 1965 and Kayla in 2010.

Kayla Carter is a recently widowed mother of a 4-year-old daughter. While building their dream home, her husband dies in an accident. She wrestles with moving into the house where her husband died but also feels obligated to fulfill their dream. When mysterious people and happenings seem determined to keep her away, she starts looking for answers.

When she is confronted by an odd, older woman telling her not to move in, she feels the woman has a connection not just to the area but to Kayla herself. Her new neighbor, Ellie Hockley, is more welcoming, but she too has secrets that stretch back almost 50 years. Further complicating things, she discovers that Kayla is the daughter of Reed, the

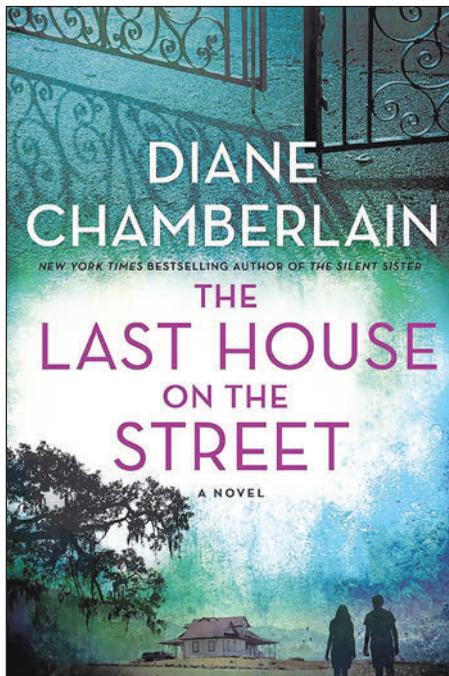


image provided

beau she forsook for the civil rights movement.

The plot gets complicated with well-meaning whites endangering black people and a kudzu-choked forest, complete with a treehouse, a murky pond and an ominous clearing, making for a coverup that compromises even the most irreproachable characters. A community's past sins rise to the surface when two women, a generation apart, find themselves bound by tragedy and

an unsolved, decades-old mystery. Two women. Two stories. Both are on a collision course with the truth. *The Last House on the Street* is a powerful novel about the search for justice.✪

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I'm having such a hard time getting my kids to share anything about their days at school. I know they're tired and want to chill

but I would like to know more of how their day has been. Do you have any suggestions of how to get them to share a few pieces of their day?

Celia R, Cape Coral

Celia,

You are not alone in wanting to know how your children enjoyed or didn't enjoy school every day. It's an age-old problem that increases with difficulty as kids become older. Just asking, "How was your day?" generally gets a one-word answer that tells you very little. Kids typically clam up as they get older. Some see the daily questions as an invasion of privacy, some think their parents don't trust them or think they are capable. Often kids want to be in control of the conversation, have it on their terms and schedule. Keeping communication open as your child becomes a teen is crucial. Remember, communication can take many forms, conversation for sure, but texts, emails, phone calls, good night notes slipped under their door and even notes tucked into their lunch are great ways to send supportive messages to your children. The best place for face-to-face conversation is where you can talk without interruptions from phones, TVs etc. and it could be in the car, at the dinner table or taking a walk together.

Most kids expect to be asked about their day. And while they expect it, it might be fun to change up some of the same old questions that we ask of our kids daily and give them a reason to chat.

Here are some sample questions to replace "How was school today?" My guess is that these questions will elicit a smile, maybe some laughter and some

discussion. If you see a positive response to this type of quirky questioning, then you might want to come up with your own quirky questions so you can keep that conversational ball "rolling."

Questions to replace "How was school today?"

What was the craziest thing that happened at school today?

Which one of your teachers would survive a zombie apocalypse and why?

Who made you smile today?

What new fact did you learn today?

Who brought the best food for lunch today? What was it?

What was the nicest thing you did for someone today?

What was the nicest thing someone did for you today?

What was the most boring thing you did today? Why?

What was the most exciting thing you did today?

Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.✪

Coast Guard Auxiliary Breakfast

U.S. Coast Guard Auxiliary District 7, Flotilla 91 will hold a meet-and-greet breakfast at Sunflower Café on Monday September 19 from 7:30 to 9 a.m.

Representatives from the Coast Guard and Auxiliary will be available to answer questions about search and rescue, their missions, facilities, training and capabilities. Free admission to the first 20 people to register; all others pay a \$10 donation to cover the cost of the food. To register, visit www.aux91fmb.org/breakfast.

The U. S. Coast Guard Auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports nearly all mission areas. The auxiliary is the lead agency protecting America's seaward frontier in recreational boating safety.

Sunflower Café is located at 11410 Summerlin Square Drive in Fort Myers. For more information, visit www.cgaux.org✪

EPIC FIRES OF FORT MYERS

How a Series of Early Fires Influenced the Town's Development




Available at
www.Amazon.com
www.OutSkirtsPress.com

THOMAS P. HALL
ROBIN C. TUTTILL, EDITOR

"More than a meticulously researched chronicle of the disasters that shaped Fort Myers, this book details the historical moment of each blaze, creating a rich portrait of a community forged and tempered by fire. A must-read for anyone interested in area history, with riches for newcomers and experts alike." - Amy Bennett Williams

From page 1

Day Camp

water rockets – all tied to concepts of Newton's Laws of Motion and the forces of flight. Cost: \$185 for non-members; \$160 for Edison Ford members.

Creative Coding (Second to fifth grades only), March 20 to 24 – This school break camp requires basic literacy skills. Students will learn Scratch and other "word block" coding. Essentially, this is a code crash course. Campers will work to create a finished program that can be a story, game, or an interactive

card to a family member or friend.

Campers will learn the basics, such as "if/else" statements, with the main focus on learning how to use variables. Cost: \$230 for non-members; \$200 for Edison Ford members.

STEAM Explorers, April 7 – In this camp, students will learn about science, technology, engineering, arts and mathematics, along with history. Cost: \$50 for non-members; \$45 for Edison Ford members.

The Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. Register online at www.edisonford.org.✪

Chamber Event To Focus On Cryptocurrency

The Greater Fort Myers Chamber of Commerce will feature a Cryptocurrency 101 discussion during its monthly luncheon at Embassy Suites by Hilton Fort Myers-Estero on Thursday, September 22 from 11:30 a.m. to 1:15 p.m.



Mark Niede

The discussion will explore the ins and outs of cryptocurrency, what's behind it and where it's going. Guests will hear from Mark Niede, chair of the intellectual property department at Henderson, Franklin, Starnes & Holt, PA, who will discuss the history of cryptocurrency, investing and practical implications. He also will offer an overview of Blockchain, non-fungible tokens (NFTs) and the future of digital currencies.

Niede draws on two decades of experience representing clients in the acquisition and protection of copyrights, trademarks and trade secrets. He also advises clients in franchising, as well as privacy and data security, providing strategies to manage risk and ensure legal compliance with the gathering and use of personal information. Niede earned bachelor's degrees from Miami University and the Illinois Institute of Technology, and a juris doctor degree from the Chicago-Kent College of Law.

Admission is \$25 for chamber members and \$35 for future members and includes lunch.

Embassy Suites by Hilton Fort Myers-Estero is located at 10450 Corkscrew Commons Drive in Estero. To learn more or to register, visit www.fortmyers.org or call 332-2930.✪

Outreach On Pet Waste And Water Quality

Lee County Natural Resources is boosting public outreach efforts to help residents make the connection between pet waste and water quality.

More than 75,000 households will receive or have received postcards reminding residents to pick up pet waste, which has high nutrient and bacteria content that may run off into waterways and feed algae, contribute to algae blooms and pose human health risks.

The county has identified addresses in six different watersheds: Hendry Creek, Whiskey Creek, Deep Lagoon, Yellow Fever Creek, Mullock Creek and Billy Creek. The mailing effort supports the county's requirements under its permit for the National Pollutant Discharge Elimination System (NPDES) program. This federal program was established by

the Clean Water Act to control point-source and stormwater discharges.

This educational effort also supports county goals to protect and improve the quality of local waterways as outlined in the state-adopted Caloosahatchee River and Estuary, and Everglades West Coast Basin Management action plans.

Dovetailing off the county's successful fertilizer-ordinance education and outreach, the postcards feature a slime monster walking a dog and tossing a bag of pet waste into a garbage bin. Messaging includes, "Do your duty; pick up the doodie," and "It's up to you to bag the poo." Lee County Parks & Recreation also is boosting park patrons' awareness by placing flyers, park walkway signs and stickers on dog-waste bins at its parks and conservation land sites that allow dogs and that lie within the six watersheds.

The county launched its pet-waste awareness campaign in 2016 to inform residents and visitors that leaving pet waste on the ground can impact waterways. The county encourages accountability among pet owners to collect waste to protect waters. The county's Animal Control Ordinance also states that pet owners are responsible for removal of excreta deposited on places such as public walks and recreation areas.

Water quality is a top priority of the Lee Board of County Commissioners and water-quality initiatives occur year-round.

For more information, visit www.fertilizesmart.com/pet-waste-info.html. The county will support the mailings with social media posts and other communications efforts.✪

Foundations Partner For Return Of Civic Initiative

Charlotte Community Foundation, Collaboratory and Collier Community Foundation have jointly announced the return of a major regional civic engagement initiative, On the Table SWFL. On Wednesday, October 12, thousands of neighbors, colleagues, friends and new acquaintances will gather to share their stories and generate ideas to create a more sustainable and vibrant Southwest Florida.

Anyone across the region can host an On the Table SWFL session, and everyone is welcome to join the conversation and have their voices heard. The topics, issues and ideas discussed during each conversation will be completely organic and driven by participants' interests and perspectives, as well as the opportunities and challenges in their community that are most important to them. Mealtime conversations can take place in homes, backyards, at local restaurants, schools, community centers, places of worship, libraries, offices and retail establishments – literally anywhere a host chooses. They can be sit-down, catered, picnic or potluck – completely up to each host.

The inaugural On the Table SWFL

initiative, produced by Collaboratory in October 2019, welcomed more than 1,500 participants. In 2022, Collaboratory is partnering with Collier Community Foundation and Charlotte Community Foundation to ensure that even more Southwest Florida voices have the opportunity to be heard.

Following the conversations, Florida Gulf Coast University will survey On the Table SWFL participants to capture themes and identify region-wide social priorities in an impact report that will be shared broadly. As a follow-up to On the Table SWFL, the foundations pledge to work together on issues identified through the conversations to create a more sustainable and vibrant Southwest Florida.

"As Southwest Florida emerges from a COVID-19 pandemic that has levied so many challenges, the act of coming together with our neighbors to find a path forward has never been more important," said Terry Mazany, chief collaboration officer at Collaboratory, speaking on behalf of the tri-foundation team. "It is crucial that we hear from a wide range of community voices. On the Table SWFL draws on the collective power of local residents to impact pressing social challenges and transform lives across our region."

For more information, to sign up to host an On the Table SWFL conversation or to register to attend a community conversation, visit www.onthetableswfl.com. Join the discussion on social media using #onthetableswfl.✪

Resort Stay Top Prize For Ball Drop Fundraiser

Keep Lee County Beautiful, Inc. (KLCB) will offer a five-day, four-night stay at South Seas Island Resort as its winning prize for a golf ball drop fundraiser. The ball drop will take place during the 32nd annual GO GREEN Golf Tournament at The Plantation Golf & Country Club on Friday, October 21.

The tournament, organized by an all-volunteer board of directors, is KLCB's largest fundraiser. The sold-out 2021 tournament was the most profitable ever for KLCB with a net profit just shy of \$40,000. This year, KLCB hopes to raise even more for a new initiative called Growing Community Roots – a program putting agriculture back into schools. The program sees high school students caring for native trees on their campuses. When the trees reach maturity, they are used in KLCB beautification projects and/or sold to raise funds for the school and KLCB.

The ball drop is offered to golfers and non-golfers alike. Winners do not have to be present. Cost is \$20 per ball or six balls for \$100. Visit https://bit.ly/KLCB_Balldrop to purchase your ball for a chance to win.

The Plantation Golf & Country Club is located at 10500 Dartington Drive in Fort Myers. For more information, call 334-3488 or visit www.klcb.org.✪

NEW FLORIDA COMMUNITY PROPERTY LAW

GET YOUR FREE GUIDE TODAY!

A NEW FLORIDA LAW ENABLES A COMPLETE STEP-UP IN TAX COST BASIS AT THE PASSING OF THE FIRST SPOUSE, ELIMINATING CAPITAL GAINS

FIND OUT MORE IN OUR LATEST WHITEPAPER AT:

floridaestateplanning.com/community



CRAIG R. HERSCH
Florida Bar Board Certified Wills, Trusts & Estates Attorney, CPA



MICHAEL B. HILL
Florida Bar Board Certified Wills, Trusts & Estates Attorney



HAYLEY E. DONALDSON
Wills, Trusts & Estates Attorney, CPA



SHEPPARDLAWFIRM.COM

Main Office: Fort Myers | 9100 College Pointe Ct. Fort Myers, FL 33919
Sanibel & Naples by Appointment | 239.322.3831

Will Power

Trust Decanting



by Craig R. Hersch, Florida Bar Board Certified Wills, Trusts & Estates Attorney; CPA

I've written in the past about a variety of ways to modify problem irrevocable trusts. I mentioned one technique, "trust decanting" as a viable option. Today, I thought that I'd expand on what trust decanting is and how it works, as this is a little understood option that often isn't considered when it could be a solution that the family is looking for.

For those of us who have oenophile tendencies, you may know that decanting is the action of pouring wine from its bottle into a wide-based container. The idea is to separate the wine from its sediment and expose a large surface of the wine to oxygen, allowing it to express its desirable aromas.

Decanting also helps to soften some aromas which are overpowering or unpleasant. The same holds true when decanting a trust, which is the process of modifying an otherwise irrevocable trust to better reflect the maker's intent – to accommodate problems like scrivener's errors, changing the situs or governing law, modifying administrative provisions, consolidating assets, taking advantage of planning strategies or dealing with changed circumstances after the trust became irrevocable.

When decanting, a new trust is drawn up and the contents (assets) of the old trust are then "poured into" the new trust. Florida law, along with 28 other states, offers a specific statute that allows decanting so long as proper notice is provided to all "qualified beneficiaries," which is a legal term also defined by statute, provided that the new trust does not impair the rights of any beneficiary or adversely affect the achievement of the purposes of the original trust.

Suppose, for example, that the beneficiaries of a trust want to change the way and method that trustees are removed, appointed or compensated. Here, a decanting from one trust to another with the new trustee provisions might achieve those goals. Or sometimes, there might be two different trusts for each beneficiary, one created by their father and one created by their mother. Here, decanting from both trusts into a single trust could solve investment issues or even reduce the administrative expenses associated with carrying two different trusts that have substantially the same provisions for a beneficiary.

On the other hand, decanting may help solve issues involving pooled trusts,

which are trusts that are created for several beneficiaries. If the beneficiaries are fighting over who is entitled to the assets, or if one beneficiary needs income and the other growth, or if distributions to any one beneficiary become an issue, decanting could allow for the pooled trusts to become separate shares for each beneficiary.

Another example is where there are two different trusts, one that is very liquid and one illiquid. It might make sense to combine the trusts as the liquidity could assist with the carrying costs of the illiquid assets. Perhaps a trust is overly restrictive as to its investment strategies that have now become outdated. Here, a new trust that is more liberal in its investment options may be created, and the old trust could be decanted into it.

You may have a trust that was originally established in a state that imposes a state income tax and wish to move the trust situs to Florida that has no state income tax. Here, decanting can help achieve that goal. Since the tax law continually evolves, an irrevocable trust that was once tax advantageous could become disadvantageous. Here, decanting into a new trust could solve the problem.

Beneficiaries who encounter unexpected problems, such as creditor issues, divorce, having their own independent wealth or even those with self destructive behavior could benefit from decanting. Here, the objective could be to make the trust terms more restrictive so that creditors and predators can't take the assets away from a beneficiary.

When creating revocable trusts that continue on for your beneficiaries, it may be a good idea to proactively provide for decanting powers so that an independent trustee (one who is also not a beneficiary – to eliminate bias or tax law problems associated with having certain powers over assets) can adjust the trust to future changes in circumstances. The options should be carefully considered, since an improperly drafted decanting power could backfire and cause more harm than it does good.

When including these decanting powers, moreover, you should discuss with your attorney your comfort level of allowing for such potential future modifications to your estate plan. Continuing trusts offer substantial benefits for your beneficiaries, in the form of tax savings, creditor and divorce protection. With that said, I often counsel my clients that it's favorable to allow for flexibility in continuing trusts, since no one knows what the future brings. By specifically allowing for a decanting power, you can better ensure that your beneficiaries won't be caught by unexpected circumstances.

©2022 Craig R. Hersch – Sheppard Law Firm. Learn more at www.floridaestateplanning.com.✧

CEO Recognized For Leadership

Hope Healthcare President and CEO Samira K. Beckwith has been recognized as a Change Maker in the *Business Observer's* 2022 Big Book of Business. Selected from leaders throughout Central and Southwest Florida, Beckwith was chosen for her decades of visionary leadership and for facilitating sustainable change within the community Hope serves.

The *Business Observer* recognizes Beckwith as an "industry force" who helped lead a national movement for the expansion of end-of-life care and services. Beckwith has led Hope Healthcare for more than 30 years and serves as an advocate for comforting care at local, state and national levels. Building upon Hope's core strengths, she has grown Hope's services to provide many vital programs throughout Southwest Florida.

"It's an honor to be recognized as a change maker," says Beckwith. "Sustainable change relies upon those who implement the vision every day, and I am grateful to lead people who, like me, are dedicated to comforting



Samira Beckwith

care and to the greater good of our community."

For the Change Maker section, the publication selected 12 leaders who are risk-takers, visionary thinkers and have a willingness to challenge the status quo.

"The people and companies featured in our Big Book of Business are truly at the top of their industry," said Kat Hughes, executive editor of the *Business Observer*.✧

Marketing Firm Adds Specialist

Pushing the Envelope, Inc., a strategic marketing communication firm based in Fort Myers, has added Caitlyn Anderson as a communication specialist.

In her role, Anderson is responsible for developing and executing public relations tactics and strategies for the company's clientele. She will coordinate media and community relations and regularly produce written content that aligns with clients' overall goals and marketing strategies.

Anderson holds a bachelor's degree from Florida Gulf Coast University and



Caitlyn Anderson

joins the firm after over four years as a public information officer with the Lee County Sheriff's Office.✧

Nonprofit Adds Program Director

Valerie's House hired Val Gill as the director of programs. In her new role, Gill will help grieving families who have lost a loved one by creating and nurturing programs that will help them heal.

"We are very fortunate to have someone with Val's background join Valerie's House," said Valerie's House CEO Angela Melvin. "She has been a volunteer at Valerie's House for the past four years. The children and families here made such an imprint on her heart that she decided to join the team full-time."

Gill received a bachelor's degree in criminology from the University of South Florida and a master of arts degree in mental health counseling from Florida Gulf Coast University. She has experience in not-for-profit agencies overseeing clinical, prevention and community outreach programs.

As director of clinical and prevention services at the Children's Advocacy



Val Gill

Center in Fort Myers, Gill witnessed the transformation from survivor to thriver in many children and adolescents. Most recently, she had her own private practice specializing in trauma-related life challenges.

For more information, visit www.valereshouse.org.✧

From page 1

Coastal Cleanup

to rid Florida's coastlines of litter, pollution and debris. In the last five years, the local Coastal Cleanup program has brought together more than 9,000 volunteers to remove over 20,000 pounds of trash from Lee County waterways.

The 2022 Title Sponsor is Ocean Conservancy. Other sponsors include Red Sox Foundation, Cemex, Lee County Parks & Recreation, Surfing's Evolution & Preservation Foundation, Waste Pro, Lee County Solid Waste, Kayak Excursions, Waste Management, Passarella & Associates Inc., Keep America Beautiful, Florida State Parks, City of Bonita Springs, Home Hunters USA, Coca-Cola Beverages Florida, Keep Florida Beautiful, Safeguard Destruction Services, Tunaskin Aquatic Apparel, Fort Myers Beach Community Foundation, Royal Scoop Ice Cream, Buffalo Chips Restaurant, PuroClean and Paradise Iowa Club.

The event will focus on local beaches, waterways, parks and roadways. To register, visit <https://www.signupgenius.com/go/805094aaaa2ca4f49-20224>.✧

Superior Interiors

Add Luxury Bedding For A Five-Star Retreat



by Jeanie Tinch

At the end of the day, you most likely want to unwind and relax in your bedroom unless your room is lacking that extra level of charm. You'll spend many hours sleeping in your bedroom

throughout your life, and that means it should be a place that you absolutely adore. If you're struggling with making your bedroom a tranquil, luxurious place to lay your head, maybe it's time to switch up your bedding.

It's called a bedroom for a reason, as the bed is the focal point. Replacing your current, tired bedding with new luxury covers can completely transform your space. Ready to create a dreamy bedroom? Read on to find out how to create a five-star experience with new bedding.

Find your style. Before you purchase your new bedding, it's important to know what style you want your bedroom to reflect. Take a good look at the rest of your furniture, carpets, rugs and light fixtures to get an idea of what bedding will match your aesthetic. Some design concepts for inspiration are listed below to help get you started.

Cozy Cottage – If you're searching for an escape from the hustle and bustle of everyday life, try a laid-back cottage-style design. This fashion could include natural, light-colored bedding with a mix of ruffled and organic textures to make the space the ultimate retreat.

Breezy Coastal – Make your bedroom feel like a seaside vacation with colors inspired by your favorite beach. Light blues and yellows combine to create an airy feel, even if you're a few miles from the ocean. Incorporate various nautical patterns to hit home the coastal theme.

Tried-and-True Traditional – If you're a lover of classic design, then a more

traditional approach may be for you. Buy rich-colored bedding with intricate sophisticated patterns to create a room that will never go out of style.

Straightforward Modern – For those of you who wish for simple charm, the combination of clean, straight lines and neutral colors may be your cup of tea. Find bedding that is as easy going as your style with no ruffles, patterns or crazy textures – just comfortable, classic and straightforward.

Eclectic Boho – Bohemian style is carefree and whimsical. Weave in bold colors, funky patterns and unique textures to achieve a fun, yet put together look. Don't be afraid to mix textures and play with design.

After choosing a bedding blueprint that best suits your style, discover what you want your comforter (or coverlet) to feel like, as there are many texture and weight options. To fully level up your bedroom and create a truly five-star experience, blend the elements of your bedroom together with pillows and throw blankets that match and enhance your luxury bedding. Find patterns and textures in these accessory items that complement your bedding choice and complete the look (rather than distract) for a curated, luxurious bedroom.

*Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coinedcnden.com.**

Gulf Coast Writers To Meet This Saturday

The Gulf Coast Writers Association will be meeting at Word of Life Church on Saturday, September 17 from 10 a.m. to noon.

Guest speaker Lucy Tobias will share exercises for attention-grabbing hooks, and give us a behind-the-scenes look of an undiscovered Florida. Tobias is a former reporter for the New York Times Regional Group and has captured audiences with her award-winning writing.

Word of Life Church is located at 6111 South Pointe Boulevard in Fort Myers. For more information, call 770-906-7885 or visit www.gulfwriters.org.*

Red Cross Adds Directors



Kathy Mabe



Jane Manning

The Florida Gulf Coast to Heartland Chapter of the American Red Cross has added Katherine Mabe and Jane Manning to its board of directors, a team made up of local business and civic leaders who give of their time, expertise and compassion in support of Red Cross humanitarian services.

Mabe is a recently retired, property casualty insurance executive with over 20 years of profit and loss leadership at the president/CEO levels. She is known for successfully leading transformational change across large organizations in both the U.S. and Canada. With deep expertise in product, pricing, strategy and distribution, her passion is for coaching leaders and leadership development. Mabe also believes in leading with purpose, so throughout her career she has focused on giving back to the

communities she serves with board service with the American Red Cross and the YWCA. Her community service has included the American Red Cross of Greater Chicago, the Business Council of the Chicago Art Institute, YWCA Columbus, Ohio and the Columbus Museum of Art.

Manning is a 22-year resident of Collier County, originally from Northern New Jersey. She joined Herc Rentals located in Bonita Springs in July 2019 and, prior to joining Herc, she spent six years with Hertz as the senior director of compensation. She worked with the team from Herc in the separation of the two companies.

Manning's other experience includes work in the private sector, for Collier County government and running a successful real estate appraisal company in Southwest Florida. She has experience in developing and educating the future leaders of her organization and looks forward to an opportunity to give back to the community through volunteerism as well.

"We are excited to welcome Kathy and Jane to the local Red Cross board. Both bring a wealth of skills and talent and unique opportunities to make a lasting impact in our community," said Jill Palmer, executive director for the Florida Gulf Coast to Heartland Chapter. "Working together, our board will help expand the scope of the humanitarian mission throughout the chapter."

For more information, visit www.redcross.org/southflorida.*

CARING MEDICAL FLORIDA & THE HAUSER NECK CENTER

3 UNIQUE SPECIALISTS IN REGENERATIVE & CHIROPRACTIC MEDICINE TREATING:

- CERVICAL SPINE DISORDERS
- CHRONIC NEUROLOGICAL SYMPTOMS
- JOINT AND SPINE PAIN
- OSTEOARTHRITIS
- POST-SURGICAL JOINT PAIN
- SPORTS INJURIES



9738 Commerce Center Ct., Fort Myers, FL 33908 | (239) 308-4725 | CaringMedical.com

Be Wise

Control Pests Without Poison

DID YOU KNOW... rat poisons can KILL other animals beyond mice & rats?



Alternatives to Rodenticides

- Seal entry points.
- Secure your trash.
- Put up owl boxes.
- Support predators.
- Choose physical traps, NEVER poison.
- Trim landscaping.

FOR MORE INFO: www.crowclinic.org/articles/protect-wildlife-dont-use-rodenticide



Frankly Speaking



by Howard Prager

The NFL kicked off the season with a lot of close games but no big surprises. However, in the second week of college football, there were some surprises as several Top 10 teams lost,

and the first coach has been fired (Scott Frost, Nebraska) after the Cornhuskers lost their first two games. So what's to talk about? How about some baseball.

Baseball has blessed us with an exciting home run race this year, but in this case they're not competing with one another, just the record books. First, veteran Albert Pujols has been on a tear in the twilight of his career. He hit his 697th career home run Sunday, passing A-Rod for fourth on the all-time home run list. Needing just three more in three games, he's aiming to become only the fourth member of the 700 club. Number 697 was a game-winner, propelling the Cardinals to a 4-3 victory over the Pirates and keeping them entrenched in first place in the NL Central. Pujols has 19 home runs this season, 12 since the All-Star break. From CBS Sports: "At age 42 and in his 22nd and final season, Pujols has been enjoying his best performance in years. He's hitting .266/.338/.528 with 48 RBI in 91 games, thriving in his return to St. Louis after playing the past 10 years in Southern California. His .866 OPS is his best since 2011, his final year with the Cardinals before signing with the Angels." Should he reach the 700 club, he'd be just the second player with 700 dingers and 3,000 hits, along with Hank Aaron.

Aaron Judge of the Yankees has far more home runs than anyone in MLB this year. At 55 dingers, he's just six away from Roger Maris' record with three weeks left to go. (Hey Judge, be sure to have whatever Pujols is drinking). Clutch Points talked to Mark McGwire about Judge. "McGwire believes that Judge will

break Maris' record this season, which isn't exactly bold thinking (six to go to tie it as of Monday). But what is bold is that McGwire also predicts that Judge will be able to surpass Bonds' number in the future, and he thinks that his desire to achieve that historic feat could influence which team he signs with in free agency this offseason. "He's definitely going to break Maris' Yankee record, but I truly believe he'll break Barry's record, too. I think he'll finish with at least 65 home runs this year, and then position himself to hit, get to 73 to 74 in the next five to eight years. I really believe he'll have that opportunity. He's going to get close to it, and say, 'Where can I bunch in nine more homers?' God willing that he stays healthy, he's going to do that, too," McGwire said, via *USA Today*.

While Judge's 55 home runs so far this season are significant, that's a far cry from Bonds' record of 73. Judge is in his prime baseball years at 30 years old. How much more can he hit? McGwire believes he can do it and, in my mind, the Yankees are one of the best teams for him, although any contending team would be happy to have him.

How about those division races? This year, there are only two divisions that are really still up in the air – although anything can still happen – the NL East and the AL Central. The White Sox have finally heated up and are just 2.5 games behind the Guardians as of Monday. The Twins are 4.5 games back. All are facing each other this month. Should be an exciting finish in a division no one seems to want to win. The NL East has two teams – the Mets and the Braves – that are very serious about winning with the lead going back and forth between them. They don't play each other until the end of September, with three games in Atlanta. Hang on to your hat for a possible wild finish.

For those following the US Open, what a surprise to see Nadal lose in the fourth round, although he had been pushed in some of his previous matches. Carlos Alcaraz beat Casper Ruud to win his first men's Grand Slam title and Iga Swiatek won her second women's Grand Slam this year by beating Ons Jabeur. Swiatek became only the third woman in

the last 15 years to win multiple majors on different surfaces in the same season, joining Serena Williams and Justine Henin, as reported by EuroSports. They added that "With 99 wins between them this season and the most victories on tour over the last two years, Swiatek and Jabeur are the clear and deserved No. 1 and No. 2 in the world right now. While others below strive for more consistency, the top two have both made two Grand Slam finals in 2022 and, had there been points on offer at Wimbledon, then there would have been an even bigger gap between Jabeur and those below." EuroSports take on Alcaraz: "Carlos Alcaraz is very special. His power is astounding. As is his court coverage. As is his will to win and his competitive drive, even at ridiculous hours of the morning. If he continues on the same soaring upward trajectory he has been on for the past year, then there will be many more Grand Slam titles in his future."

Our good news story of the week is from CNN on soccer. "Barcelona's La Liga match against Cadiz on Saturday was temporarily halted with less than 10 minutes remaining after a fan suffered a cardiac arrest in the stands. Cadiz goalkeeper Jeremias Ledesma has been

praised on social media after he ran across the pitch with a medical kit and threw it into the stands. One of the medical teams went to the stands with a defibrillator and a monitor, starting the resuscitation tasks. At the same time, FC Barcelona offered a second defibrillator in case its use was necessary, and it was brought to the area by the players themselves. The resuscitation was positive after a few minutes, and the fan was transferred to the ICU of the Hospital Puerta del Mar, where he remains hospitalized. In addition, one of *The Tribune* camera operators suffered a fainting spell, which was also quickly treated by the stadium's medical staff without further consequences."

We don't often read about the need for fans to have emergency medical care at a game, but to see the goalkeeper get involved and to hear about the successful resuscitation, it is great to see everyone helping.

*Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments to press@islandnews.com.**

Bass Fishing Program Rewards

The Florida Fish and Wildlife Conservation Commission's (FWC) TrophyCatch program is ending another successful season on Friday, September 30. Any bass caught in Season 10, which began October 1, 2021, must be submitted by Saturday, October 15 to qualify for prizing.

The same deadline applies to the eight pink-tagged bass still swimming in specific waters throughout Florida, as part of the 10-TAG Celebration to commemorate TrophyCatch's 10th season. Catching one of these special bass and successfully submitting it to TrophyCatch will net the lucky angler a \$5,000 Bass Pro Shops gift card and \$1,000 to shop at AFTCO, plus a chance at an additional \$10,000. For the specific locations and rules, visit www.trophycatchflorida.com.

The TrophyCatch program rewards

anglers who provide documentation of their catch and release of largemouth bass weighing eight pounds or heavier in Florida. To be eligible for prizes, anglers are required to submit photos or videos of their catch to www.trophycatch.com, showing the entire fish and its weight on a scale, before releasing it back into the water. Participants are also automatically entered in a free boat drawing, just for registering. FWC biologists use TrophyCatch data for bass research to make informed decisions about the management of Florida bass fisheries and to promote the catch and release of trophy bass.

For the latest news about the TrophyCatch 10-TAG Celebration, subscribe to the program's topic email at <https://public.govdelivery.com/accounts/fifwcc/subscriber/new>. For more information about the TrophyCatch program or the 10-TAG Celebration, email KP Clements at kp.clements@myfwc.com.*

SPORTS QUIZ

1. What defensive tackle for the Indianapolis Colts and Baltimore Ravens was a sideline reporter for FOX Sports from 2003-2015?
2. What HBO comedy series included baseball teams named the Myrtle Beach Mermen, the Rockingham Ruckus and Los Charros de Copales?
3. Name the equestrian athlete from Great Britain who won a silver medal at the 2012 London Olympic Games. (Hint: She is the granddaughter of Queen Elizabeth II.)
4. What is the name of the biennial tournament played between women's amateur golf teams representing the United States and Great Britain/Ireland?
5. The right field foul pole at Boston's Fenway Park is named in honor of what player and manager?
6. Providence College basketball star God Shammgod was selected in the second round of the 1997 NBA Draft by what team?
7. What former NFL quarterback was working as a radio broadcaster for the Dallas Cowboys when he was drafted by the World League of American Football's Ohio Glory in 1992?

ANSWERS

1. Tony Strangus. 2. Eastbound & Down. 3. Zara Tindall (nee Phillips). 4. The Curtis Cup. 5. "Pesky's Pole" is named after Johnny Pesky. 6. The Washington Wizards. 7. Babe Ruth.

Commission To Meet In Miami

The Florida Fish and Wildlife Conservation Commission (FWC) will meet in person at the Hilton Miami Dadeland on Wednesday, September 28 and Thursday, September 29, beginning at 8:30 a.m. each day.

The FWC is committed to providing opportunity for public input. There are several opportunities prior to the meeting to provide comments. Also, time is allotted for public speakers at the meeting.

Additionally, at the end of the second day, the FWC will provide time for public comment on subjects not on the agenda. Those people who wish to offer comments during this period will be asked to ensure their comments are not

related to any agenda item. Deadline for registration to speak on items not on the agenda is 9:30 a.m. September 29.

Public speaking is organized using a speaker registration process and time limits. To accommodate as much input as possible from those attending, the FWC reserves the right to designate the amount of time given to each topic and speaker.

For the full meeting agenda and links to background reports, visit www.myfwc.com/commission and select "Commission Meetings." Those who cannot attend can follow coverage at [@MyFWC](http://www.twitter.com/myfwc) and sign up for news updates at www.myfwc.com.

The Hilton Miami Dadeland is located at 9100 North Kendall Drive in Miami. Check the Florida Channel for possible live video coverage at www.thefloridachannel.org.*

Doctor and Dietician

Options For Shoulder Pain



by Ross Hauser, MD
and Marion Hauser, MS, RD

When someone comes into our clinic with a diagnosis of “swimmer’s shoulder” or supraspinatus tendinopathy, or rotator cuff tendinopathy, they come in knowing that their shoulder hurts, and they are thinking that somewhere along the line, someone is going to eventually recommend surgery.

Surgery typically means extended time away from your sport or from work. Surgery for many, therefore, is

not a realistic option.

Perhaps one of the biggest problems is that everywhere this patient has been, all the talk is about a single tendon or the rotator cuff as a single problem. It is most probable that no one sat down and explained, “To heal this tendon issue, we have to heal your whole shoulder.”

In most cases, the shoulder tendinopathy issues are a result of shoulder instability and weakness, thus the shoulder joint loosens and weakens, and damage to the shoulder ligaments and tendons results. The degeneration will progress unless the support structures of the shoulder are addressed. Your shoulder tendons do not live on an island. They are part of the shoulder joint complex that includes ligaments and labrum. You cannot just address the tendons and expect long-term healing and the ability to return to pre-injury shoulder strength. The labrum of the shoulder may also become injured, torn or weakened, progressively making your shoulder loose and wobbly.

What happens naturally? When shoulder instability occurs, pain results, as well as loss of strength and reduced performance. Then the body moves into protective mode. The muscles of the shoulder spasm to attempt to hold the shoulder together. The joint

then begins to swell, and eventually, it grows more bone to try to stabilize. Therefore, bone spurs and arthritis are the long-term results of joint instability. Unfortunately, people are typically only treated for the symptoms of inflammation and muscle spasms versus the underlying cause of the problem, namely joint instability.

Shoulder joint instability causes more force on the rotator cuff tendons, which are designed to move the shoulder joint, not stabilize it. This causes the tendons to degenerate and become weaker, which makes them tear easier. The rotator cuff tear is the symptom of shoulder joint instability, the underlying true missing diagnosis.

What about getting a cortisone shot? While some may “feel” short-term pain relief, research from a 2019 study from Tufts and Rush University Medical Centers published in the journal *Arthroscopy* has shown that cortisone shots prior to rotator cuff repair put patients at greater risk for post-surgical complications and the eventual need for shoulder revision. Additional studies are showing that cortisone injections further degenerate the area versus help strengthen and heal it.

At our clinic, we love treating shoulders because they respond so well to regenerative medicine treatments, and patients can get back to golf,

pickleball, tennis or whatever they love to do relatively quickly. We utilize Prolotherapy to treat all aspects of the shoulder, including the ligament and tendon attachments of the whole front and back of the shoulder, in addition to the joint itself. Our journal publications, as well as others, support its use for strengthening ligaments and tendons of the shoulder, as well as non-surgically repairing the tears.

We utilize platelet rich plasma (PRP) as one of the proliferants when a patient presents with a significant tear, cartilage lesions, or advanced degeneration/osteoarthritis. PRP is where we take concentrated cells and platelets from the patient’s own blood and inject that back into the joint and/or attachments. We typically also work with the patients to balance the shoulder muscles and range of motion with a home exercise program and/or with assistance from a skilled physical therapist to help the patients optimize their recovery.

This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.✧

dearPharmacist

Sugar Worsens Autoimmune Diseases



by Suzy
Cohen, RPh

Dear Readers:
We’re seeing more research lately about how spikes in sugar cause your body to attack itself with more vigor. Autoimmune

disorders are exacerbated by eating a lot of foods and beverages that are high in sugar. The same goes for both refined and complex carbohydrates. That statement will fly in the face of what many nutritionists believe, but I’m writing an opinion column, and that’s my opinion. I’d keep the refined ones out of your diet, and the complex ones to a minimum.

I’ll tie it in a nice neat bow right now: Sugar increases T Helper-17 (Th17) cells, which then leads to suppressed immunity and more self-driven autoimmune attacks. Sugar ultimately leads to increased rates of obesity, and thus more health problems including heart disease, stroke, Type 2 diabetes, hypertension, asthma, low back pain and arthritis.

If your own body is killing itself, you don’t stand a chance. You can modify the self-driven attack with a choice

made at every meal. That choice is to avoid foods and beverages that contain sugar or other sweeteners, which often produce the same glycemic high in the body.

In a recent study, it was once again shown that high glucose intake (that is, lots of sweets) spawns a lot of free radical damage and thus, Th17 overactivity. So you can now develop your own personal strategy to lower Th17, and thus, improve your autoimmune condition. Do these three important things and start now; you don’t have to wait. Your pain levels are at stake. If you have MS, your nerves are at stake, if you have psoriasis, you can help yourself right now. Here’s the plan:

1. Change your diet – Completely eliminate all sugary foods, all candy and sweets, and all refined carbohydrates like bagels and white rice. I would greatly minimize complex carbohydrates as well. Things in this category include brown rice, beans, starchy vegetables like peas and whole-grain bread.

2. Improve your lifestyle – Don’t eat too late at night and exercise to your level. Try to avoid stress and get proper sleep. We know that melatonin deficiency is associated with increased autoimmunity, so getting proper rest could make life easier. If you need help with sleep apnea, see a specialist.

3. Supplement your diet – Eating right will help with gut integrity, but sometimes it’s not enough. Therefore, consider nutrients that are known to reduce Th17 overactivity. These include chelated zinc, vitamin D and folate (only the methylated form, not folic acid).

If you are not responding to your

dietary changes within a few months, or you experience anything untoward, please contact your doctor. Remember, your goal is to reduce your Th17. If you find this topic interesting, sign up for my free newsletter at www.suzycohen.com, and I’ll email you a longer, more detailed version. In that, I will share my

thoughts about histamine-containing foods, CBD and kombucha.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.✧

Substance Abuse And Misuse Workshop

The Florida Department of Health in Lee County (FDOH Lee) would like to invite all members of the community to a Substance Abuse and Misuse Workshop in the South Building, Meeting Room AB of the Talking Books Library on Tuesday, September 27 from 6 to 7 p.m.

Attendees should expect to be provided with the tools needed to recognize the key differences between use, misuse and abuse. The workshop will also provide participants with a basic understanding of the various types of drugs and their effects on the human body. In addition, participants will leave with a better understanding of the key differences between physical and psychological dependence.

“Drugs are medicinal if taken properly, deadly if taken too much and potentially harmful if taken improperly. Humans have a complex history with drugs that has taken generations to achieve our still evolving understanding of therapeutic medicine. I invite anyone who is looking to understand this

complex and dynamic relationship to this workshop and expand their knowledge on the medically accepted use, misuse and abuse of drugs,” said Steven Diaz MSW, RCSWI, human services counselor and presenter.

At the end of the presentation, there will be a 15-minute question-and-answer session.

Talking Books Library is located at 1651 Lee Street in Fort Myers. For more information, visit <https://leelibrary.librarymarket.com/event/substance-abuse-misuse-workshop>.

Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels. As home to the region’s only trauma center, it is vital that the health system’s blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.

THE RIVER

WEEKLY NEWS
FROM THE BEACHES TO DOWNTOWN FORT MYERS

- Emergency 911
- Lee County Sheriff's Office 477-1200
- Florida Marine Patrol 332-6966
- Florida Highway Patrol 278-7100
- Poison Control 1-800-282-3171
- HealthPark Medical Center 1-800-936-5321
- Ft. Myers Chamber of Commerce 332-3624
- Foundation for Quality Childcare 425-2685
- Fort Myers Beach Chamber of Commerce 454-7500
- Fort Myers Beach Library 463-9691
- Lakes Regional Library 533-4000
- Lee County Chamber of Commerce 931-0931
- Post Office 1-800-275-8777
- Visitor & Convention Bureau 338-3500

ARTS

- Alliance for the Arts 939-2787
- Arts For ACT Gallery & Studio 337-5050
- Barbara B. Mann Performing Arts Hall 481-4849
- BIG ARTS 395-0900
- Broadway Palm Dinner Theatre 278-4422
- Cultural Park Theatre 772-5862
- Edison Festival of Light 334-2999
- Florida Repertory Theatre at the Arcade 332-4488
- Florida West Arts 948-4427
- Fort Myers Harmonica Band 610-653-7940
- Fort Myers Symphonic Mastersingers 288-2535
- Gulf Coast Symphony 489-1800
- Harmony Chorus, Charles Sutter, Pres 481-8059
- Naples Philharmonic 239-597-1111
- The Schoolhouse Theater 472-6862
- SW Florida Symphony 418-0996
- Theatre Conspiracy 936-3239
- Young Artists Awards 574-9321

CLUBS & ORGANIZATIONS

- American Legion Post #38 239-332-1853
- Angel Flight 1-877-4AN-ANGEL
- Animal Refuge Center 731-3535
- American Business Women Association 357-6755
- Audubon of SWFL <https://www.audubonswfl.org/>
- Caloosahatchee Chapter DAR 482-1366
- Caloosahatchee Folk Society 321-4620
- Cape Chorale Barbershop Chorus 1-855-425-3631
- Cape Coral Stamp Club 542-9153
- duPont Company Retirees 454-1083
- Edison Porcelain Artists 415-2484
- Embroiderers Guild of America - Sea Grape Chapter 239-267-1990
- FM UDC Chapter 2614 728-3743
- Friendship Force Of SW FL 561-9164
- Garden Club of Cape Coral 239-257-2654
- Lee County Genealogical Society 549-9625
- Lee Trust for Historic Preservation 939-7278
- Miata Club of SW Fla <https://miataclubsofsouthwestflorida.com/>
- Navy Seabees Veterans of America 731-1901
- Paradise Iowa Club of SWFL 667-1354
- Sons of Confederate Veterans 332-2408
- Southwest Florida Fencing Academy 939-1338
- Southwest Florida Music Association 561-2118
- Kiwanis Fort Myers Beach 765-4254 or 454-8090
- Kiwanis Fort Myers Edison 694-1056
- Kiwanis Fort Myers South 691-1405
- Iona-McGregor 482-0869
- Lions Club Fort Myers Beach 463-9738
- Lions Club Fort Myers High Noon 466-4228
- Lions Club Estero/South Fort Myers 898-1921
- Notre Dame Club of Lee County 768-0417
- Organ Transplant Recipients of SW Florida 247-3073
- POLo Club of Lee County 477-4906
- Rotary Club of Fort Myers 332-8158
- Sanibel-Captiva Orchid Society 472-6940
- United Way of Lee County 433-2000
- United Way 211 Helpline (24 hour) 211 or 433-3900

AREA ATTRACTIONS

- Bailey-Matthews National Shell Museum 395-2233
- Burrough's Home 337-9505
- Calusa Nature Center & Planetarium 275-3435
- Edison & Ford Winter Estates 334-7419
- Fort Myers Skate Park 321-7558
- Imaginarium Hands-On Museum & Aquarium 321-7420
- JN "Ding" Darling National Wildlife Refuge 472-1100
- Koreshan State Historic Site 239-992-0311
- Langford Kingston Home 239-334-2550
- Ostego Bay Foundation Marine Science Center 765-8101
- Skatium 321-7510
- Southwest Florida Historical Society 939-4044
- Southwest Florida Museum of History 321-7430
- True Tours 945-0405

To be listed in calling card email your information to:
press@islandsunnews.com

PUZZLES

Answers on page 23



"If we don't go, people will think we weren't
....."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Tust
LIVEBEE

Revise
DIET

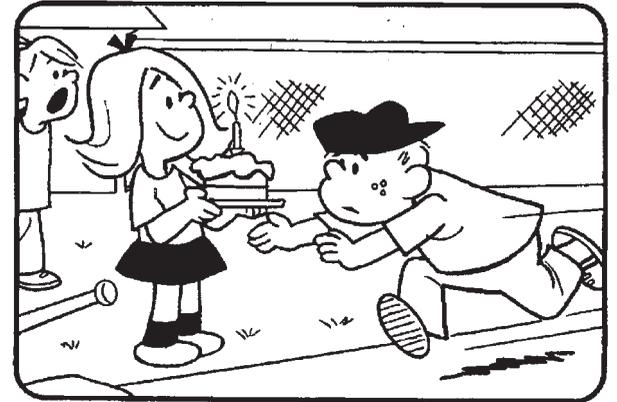
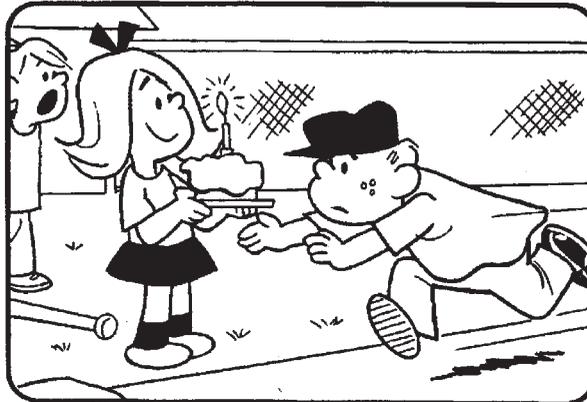
Cheat
NEWLIDS

Delicate
RENTED

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Bow is smaller. 2. Bat is moved. 3. Cake is different. 4. Cap is reversed. 5. Shirt is reversed. 6. Sneaker is different.

	3		6		4		
8				7	5		9
		9			2		7
2				8	4		5
	4			1			9
	7	1	5			8	
6					3	2	1
		7	8				3
	1			6			4

To Play Sudoku:

Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

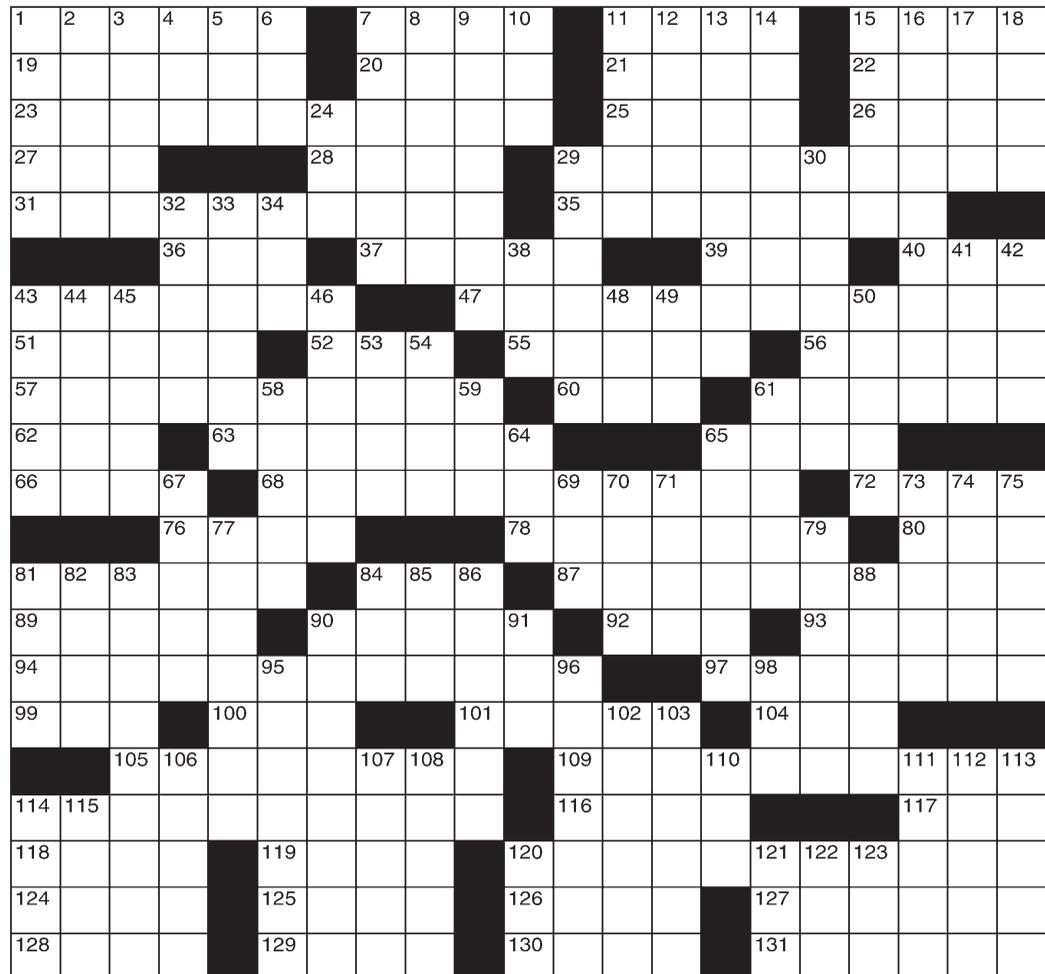
PUZZLES

Answers on page 23

Super Crossword

GIFTS OF THE YEAR

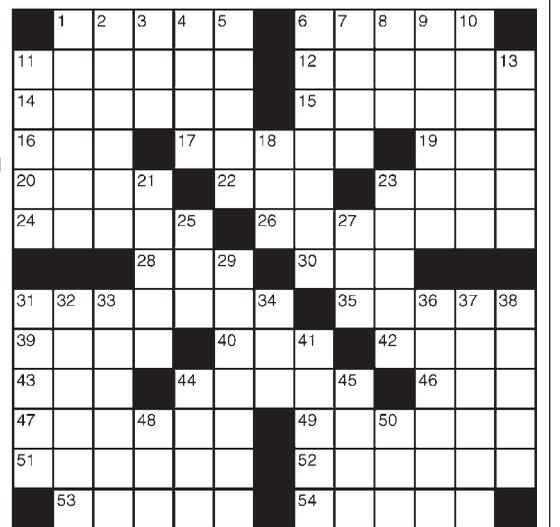
- ACROSS**
- 1 First scale syllables
 - 7 Gripping tool
 - 11 Arid expanse in Mongolia
 - 15 Move like a grasshopper
 - 19 "Not Afraid" rapper
 - 20 Affirmation of self-ability
 - 21 De-wrinkle
 - 22 Giant fair
 - 23 Stocks and shares [1st]
 - 25 Stand-up comedian Richard
 - 26 Super serves
 - 27 Low digit
 - 28 Play starter
 - 29 American robin's close relative [5th]
 - 31 Figure on a kid's toy battleground [10th]
 - 35 Revolutionary War mercenaries
 - 36 Wed. follows it
 - 37 Yellow-disked flower
 - 39 'Zine
 - 40 Canon camera line
 - 43 Rapping noise
 - 47 She sang "Don't It Make My Brown Eyes Blue" [15th]
 - 51 Online selling
 - 52 Driver's license, SSN, etc.
 - 55 Determined to accomplish
 - 56 Living space
 - 57 1988-91 war drama series [20th]
 - 60 Earth's heater
 - 61 Bluegrass fiddler Alison
 - 62 Longtime ISP option
 - 63 Laundry receptacle
 - 65 &&&&
 - 66 "Hey, over here ..."
 - 68 Tree of eastern North America [25th]
 - 72 Lid fastener
 - 76 Infamous Idi
 - 78 Very small minority
 - 80 Mineral spring
 - 81 Taxi driver
 - 84 Angry
 - 87 Small, pungent pickling vegetable [30th]
 - 89 Player's top effort, informally
 - 90 Literary leaf
 - 92 Part of IPA
 - 93 Slow a car down
 - 94 Dorothy's magical shoes [40th]
 - 97 Filleted
 - 99 Cough up
 - 100 Low digit
 - 101 Rascalion
 - 104 PC key abbr.
 - 105 Daughter of JFK
 - 109 Half-million-selling album [50th]
 - 114 Mae West play [60th]
 - 116 "Dies —" (hymn)
 - 117 Dog coater
 - 118 "Eso Beso" singer Paul
 - 119 Reversed sort
 - 120 Occasion associated with the starts of 10 answers in this puzzle
 - 124 Salt Lake City NCAA team
 - 125 Soothe
 - 126 Profit
 - 127 Actor Steven
 - 128 Work honcho
 - 129 Deli breads
 - 130 Possesses
 - 131 Attractive
 - DOWN**
 - 1 Bus station
 - 2 Neighbor of a Yemeni
 - 3 Get mature
 - 4 Ending for propyl
 - 5 Sea, to Henri
 - 6 "— big boy now"
 - 7 Glutinous
 - 8 Cold drink, informally
 - 9 Like biting writing
 - 10 U.S. Navy off.
 - 11 Toy for a boy, traditionally
 - 12 Longtime cookies
 - 13 Bail provider
 - 14 Part of IPO
 - 15 Find out
 - 16 "How rude!"
 - 17 Gorillas, e.g.
 - 18 Opulent
 - 24 Tearful
 - 29 "As a matter of fact, I do!"
 - 30 Hollow-eyed
 - 32 Sully
 - 33 Ban
 - 34 Grazing area
 - 38 Near-grads: Abbr.
 - 41 Part of 122-Down
 - 42 Beholds
 - 43 Quick review
 - 44 Eldest Musketeer
 - 45 Kite features
 - 46 Has a link (with)
 - 48 Actor Erwin
 - 49 Whole lot
 - 50 Disconcert
 - 53 Author Roald
 - 54 1976-81 skit series
 - 58 Sink bowl
 - 59 Color shade
 - 61 Get down to propose
 - 64 "It's freezing!"
 - 65 Filmmaker Hitchcock
 - 67 Singer Wynette
 - 69 See 70-Down
 - 70 With 69-Down, tourist's printed guide
 - 71 Ring, as bells
 - 73 Nepali, e.g.
 - 74 Said words
 - 75 Sectioned, as a window
 - 77 Conductor
 - 79 Teeter
 - 81 Be a kvetch
 - 82 Juan's water
 - 83 Sweetums
 - 84 Swabby's tool
 - 85 High mount
 - 86 Semi fuel
 - 88 College org. for sailors-to-be
 - 90 Occasion for unrestricted amusement
 - 91 Tolkien terror
 - 95 More silly
 - 96 Eastern Michigan city
 - 98 Corn serving
 - 102 "Top o' the — to ya!"
 - 103 Prairies, e.g.
 - 106 Accrue
 - 107 "Victory is yours"
 - 108 Brother on "Frasier"
 - 110 Actor Patel of "Lion"
 - 111 No longer a minor
 - 112 Countryish
 - 113 In a deadpan manner
 - 114 Smear on, as paint
 - 115 Crazy about amount
 - 120 Past
 - 121 PC key abbr.
 - 122 Speed Wagon maker
 - 123 Golfer Snead



King Crossword

ACROSS

- 1 Milan's La —
- 6 Mops the deck
- 11 First game of the season
- 12 Fortune-telling decks
- 14 Gift giver's words
- 15 Not level
- 16 Italian "three"
- 17 Trombone part
- 19 Coach Parseghian
- 20 Coup d'—
- 22 Summer on the Seine
- 23 Not kosher
- 24 Hose material
- 26 1955 Platters hit
- 28 — -di-dah
- 30 Pinnacle
- 31 "Pretty please?"
- 35 From the area
- 39 Writer Kingsley
- 40 Highland hat
- 42 "Elephant Boy" actor
- 43 UV ray-blocking stat
- 44 James — Garfield
- 46 Stanley Cup org.
- 6 Pupil
- 7 Diminish
- 8 "Right you —!"
- 9 Emma of fiction
- 10 Sound system
- 11 Frequently
- 13 Major mix-up
- 18 "Am — blame?"
- 21 Bridge fees
- 23 Printing errors
- 25 Aye undoer
- 27 Texter's chuckle
- 29 Sites of rapid growth
- 31 Squander
- 32 Chevy model
- 33 Boost
- 34 Eg. and Syr., once
- 36 Big gorge
- 37 Loathes
- 38 Humdingers
- 41 Taj —
- 44 Out of the storm
- 45 Simple
- 48 Pro Bowl stats
- 50 Singer Sumac



DOWN

- 1 Stylish
- 2 Breakfast
- 3 Whatever amount
- 4 Late July babies
- 5 As — (usually)

FOOTPRINTS AT MAGIC MAZE ● GRAUMAN'S CHINESE THEATRE SINCE 2010

G N K I F C Z W U R P M J H E
 C Z X U S Q N L J G E C Z X V
 T O R P N L J H E C R L A Y W
 V T N S S Y R P N E L L K I G
 E C B I R E H C N O V A K Z X
 W U W R T A S I R A P V O M L
 J E E I G N E R R I M U E D B
 L P A Y X R A P W U A D N O F
 T (P L U M M E R) S S K O O R B
 S Q N O T S I N A L O P P O C
 P O N L R E L L I T S K J H G

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: CARL AND ROB —

- Aniston
- Duvall
- Mirren
- Spears
- Brooks
- Fonda
- Novak
- Stiller
- Cher
- Goodman
- Perry
- Tarantino
- Coppola
- Lewis
- Plummer



Avocado, Corn and Cucumber Salad

1 avocado, diced small
 2 ears sweet corn, cut off cob
 1 large cucumber, diced small
 2 tablespoons fresh dill, chopped
 fine
 1 lime, juiced
 Sea salt and fresh ground pepper, to taste

Combine all ingredients and thoroughly mix. Cover and refrigerate for 30 minutes before serving. ✨



Avocado, Corn and Cucumber Salad

photo courtesy Fresh From Florida

Share your community news with us.
 Call 395-1213
 or email
 press@islandsunnews.com

My Stars ★★★★★ FOR WEEK OF SEPTEMBER 12, 2022

Aries (March 21 to April 19) As eager as you are to take on that new challenge, it would be best to temper that spurt of “Ram”-bunctious energy until you have more facts to back up your decision.

Taurus (April 20 to May 20) This is a good time for hardworking Bovines to take a break from their hectic on-the-job schedules to bask in the unconditional love and support of friends and family.

Gemini (May 21 to June 20) Pay attention to what you hear in the workplace. You could pick up some hints about possible changes. Meanwhile, a new infusion of creative energy sets in by week’s end.

Cancer (June 21 to July 22) Try to be more flexible in dealing with a suddenly difficult situation, whether it’s on the job or at home. Others might have some good points to offer. Listen to them.

Leo (July 23 to August 22) You might think you’re not getting the royal treatment you deserve. But, be careful not to become a royal pain by complaining about it. Be patient and allow things to work out.

Virgo (August 23 to September 22) Watch that penchant for being super judgmental at work. It might create a bad impression with someone whose decisions could determine the course of your career.

Libra (September 23 to October 22) You’ve been your usual busy-bee self, gathering nectar wherever you can find it. But now’s a good time to kick back, relax and just enjoy smelling the roses.

Scorpio (October 23 to November 21) That pesky personal situation seems to be improving. But, change comes slowly, so be patient. Expect someone to bring more positive news by week’s end.

Sagittarius (November 22 to December 21) Whoa! Ease up on that hectic pace you’ve been putting yourself through. Take time to recharge your energy levels before going at a full gallop again.

Capricorn (December 22 to January 19) Try to be intrigued, not intimidated, by the issues you’re suddenly facing, and you’ll be ahead of the game. Don’t be afraid to demand answers to your questions.

Aquarius (January 20 to February 18) Are new associates freezing you out of their inner circle? Never mind. Put a warm smile on that friendly face of yours, and you’ll soon thaw them all down to size.

Pisces (February 19 to March 20) Your wise guidance helps colleagues agree to compromise and move forward. Meanwhile, there are still vital issues you need to deal with in your personal life.

Born This Week: You enjoy being free with your emotions, but you can exercise disciplined focus as well. You

would make a fine artist.

MOMENTS IN TIME

- On Sept. 22, 1776, in New York City, Nathan Hale, a captain in the Continental Army, is executed by the British for spying. Before being executed, legend holds that Hale said, “I only regret that I have but one life to lose for my country.” There is no historical record to prove that Hale actually made this statement.

- On Sept. 23, 1846, German astronomer Johann Gottfried Galle discovers the planet Neptune at the Berlin Observatory. The blue gas giant has a diameter four times that of Earth and completes an orbit of the sun once every 165 years.

- On Sept. 24, 1902, pioneering cookbook author Fannie Farmer, who changed the way Americans prepare food by advocating the use of standardized measurements in recipes, opens Miss Farmer’s School of Cookery in Boston. Farmer later educated medical professionals about the importance of proper nutrition for the sick.

- On Sept. 24, 1975, *Three Days of the Condor*, a political thriller starring Robert Redford, opens. In the film, Redford played a low-level CIA employee being stalked by an assassin. The film was based on the novel *Six Days of the Condor* by James Grady.

- On Sept. 20, 1988, at the Summer

Olympics in Seoul, South Korea, American diver Greg Louganis wins the gold medal on the springboard despite nearly knocking himself unconscious during a qualifying round dive the previous day. Bloodied and dazed, he received five stitches from a doctor before returning to the board.

- On Sept. 19, 1995, a manifesto by the Unabomber is published in the hope that someone will recognize the person who, for 17 years, killed and maimed innocent people by sending homemade bombs through the mail. David Kaczynski linked the writing style to that of his older brother Ted, who was later convicted of the attacks.

- On Sept. 21, 2008, the last game at historic Yankee Stadium – The House That Ruth Built – is played. In the finale, the New York Yankees beat the Baltimore Orioles, 7-3, as future Hall-of-Famer Mariano Rivera closed the game with a perfect ninth inning.

NOW HERE’S A TIP

- Before I pluck my eyebrows, I rub on a bit of my granddaughter’s teething gel. She’s done teething and doesn’t need it anymore, but it works well for me. Be very careful to apply, let dry and wash your hands before touching your eye any further.

– ML in California

- When microwaving items of different sizes, arrange the largest parts toward the outside of the plate for more even cooking.

FRIDAY Cloudy High: 85 Low: 74					SATURDAY Cloudy High: 87 Low: 78					SUNDAY Cloudy High: 86 Low: 76					MONDAY Cloudy High: 87 Low: 78					TUESDAY Few Showers High: 88 Low: 77					WEDNESDAY Few Showers High: 86 Low: 78					THURSDAY Few Showers High: 89 Low: 77				
Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides																			
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low															
Fri	4:26 am	12:16 pm	None	None	Fri	3:31 am	12:18 pm	None	None	Fri	5:03 am	12:08 pm	6:32 pm	11:20 pm	Fri	6:36 am	1:09 am	None	3:32 pm															
Sat	5:05 am	1:33 pm	None	None	Sat	4:10 am	1:35 pm	None	None	Sat	5:22 am	12:57 pm	7:14 pm	11:22 pm	Sat	7:15 am	4:49 pm	None	None															
Sun	5:58 am	2:56 pm	None	None	Sun	5:03 am	2:58 pm	None	None	Sun	5:45 am	2:03 pm	8:02 pm	11:28 pm	Sun	8:08 am	6:12 pm	None	None															
Mon	7:22 am	4:09 pm	None	None	Mon	6:27 am	4:11 pm	None	None	Mon	6:18 am	3:12 pm	9:01 pm	11:41 pm	Mon	9:32 am	7:25 pm	None	None															
Tue	9:08 am	5:05 pm	None	None	Tue	8:13 am	5:07 pm	None	None	Tue	7:04 am	4:20 pm	None	None	Tue	11:18 am	8:21 pm	None	None															
Wed	1:03 am	4:08 am	10:30 am	5:50 pm	Wed	12:08 am	4:10 am	9:35 am	5:52 pm	Wed	8:18 am	5:30 pm	None	None	Wed	3:13 am	7:24 am	12:40 pm	9:06 pm															
Thu	1:13 am	5:04 am	11:28 am	6:25 pm	Thu	12:18 am	5:06 am	10:33 am	6:27 pm	Thu	11:16 am	6:28 pm	None	None	Thu	3:23 am	8:20 am	1:38 pm	9:41 pm															

- Lemon juice mixed together with coarse salt makes an inexpensive copper cleaner.
- When going fishing and you are only bringing a couple of lures, use an old, empty pill container. It holds well and you won't be poked.
- DB in Minnesota
- When figuring up the cost of moving yourself or using a service, be sure to consider the cost of your time and your health. And be certain that you are able to drive the moving van if you rent a large truck.
- If you don't keep a lot of foods in your freezer, you can fill large gallon-size zipper-top bags with ice cubes. You will always have plenty of ice on hand, and your freezer will not have to work as hard to keep the items in it frozen.

STRANGE BUT TRUE

- Swimmers sweat underwater.
- Shout out to *The Wizard of Oz*: Dominic Wilcox designed "No Place Like Home" shoes containing a small GPS unit that can be programmed with a home address. How is it activated? By

clicking your heels together three times, of course. A series of LED lights on top of the left shoe will then point you in the direction of home.

- The average person spends 38.5 days brushing their teeth.
- In 1775, a 78-year-old Massachusetts farmer named Samuel Whittemore fired at British soldiers and killed three. Out of ammo, he drew his sword to continue fighting and was shot in the face, bayoneted multiple times, and left for dead. But those pesky Brits had nothing on Whittemore: He was found, was patched up, and lived another 18 years.

- Studies show that about 85 percent of people breathe out of just one of their nostrils at a time.
- The auto industry used sperm whale oil as an ingredient in automatic transmission fluid until 1973, when Congress passed the Endangered Species Act and banned it.
- More than 40 buildings in New York City, including the General Motors and Empire State buildings, have their own zip code.

- In 2013, a petition requesting that the U.S. government build a Death Star reached 25,000 signatures, the amount required for an official response. That hopeful effort proved to be in vain, however, when the government replied that "the Administration does not support blowing up planets."
- Research found that some neighborhoods containing more dogs had lower levels of crime, likely because of their residents' need to walk or at least let out their canines at all hours.

THOUGHT FOR THE DAY

"Winning doesn't always mean being first. Winning means you're doing better than you've done before."

– Speed skater Bonnie Blair

TRIVIA TEST

1. **Geography:** What is the only country in the world without an official capital city?
2. **General Knowledge:** Which Chinese zodiac animal is celebrated in the year 2022?
3. **Business:** When did the auction

- site eBay launch?
4. **History:** How many years has Queen Elizabeth been on the throne?
5. **Movies:** Who played Wolverine in the *X-Men* movie series?
6. **U.S. States:** Which state's motto is "Mountaineers are always free"?
7. **Astronomy:** What is the only planet in our solar system that isn't named after a Greek-Roman deity?
8. **Mythology:** Which Egyptian god has the head of a jackal?
9. **Television:** How many times has the hospital's name changed in the drama *Grey's Anatomy*?
10. **Religion:** Where was the founder of Buddhism born?

TRIVIA ANSWERS

1. Nauru, an island nation in the Pacific Ocean.
2. The Year of the Tiger.
3. 1995.
4. 70. She just celebrated her Platinum Jubilee.
5. Hugh Jackman.
6. West Virginia.
7. Earth.
8. Anubis, god of death.
9. Three.
10. Buddha was born in what is modern-day Nepal.

PROFESSIONAL DIRECTORY



Harry Chapin Food Bank
OF SOUTHWEST FLORIDA

Mail your tax-deductible donation to:
The Harry Chapin Food Bank
3760 Fowler Street, Fort Myers, FL 33901
Call (239) 334-7007 or donate online at:
harrychapinfoodbank.org

AIR CONDITIONING
FAST SERVICE | 35 YEARS EXPERIENCE



ALLIED AIR SERVICES
HEATING • VENTILATING • AIR CONDITIONING
Home of The Comfort Club!

HVAC SERVICE
REPLACEMENTS
APPLIANCE REPAIR
& DIAGNOSTICS
COMMERCIAL/RESIDENTIAL

*APPLIANCE SERVICES ON SANIBEL AND CAPTIVA.

WWW.ALLIEDAIR.BIZ | (239) 217-4111

TREE TRIMMING, ARBORIST
Arbor Specialist Since 1995 "Tell A Friend"



TREE WEST

- Tree Trimming • Tree Removal
- Stump Grinding

239-910-3256
info@treewestflorida.com
www.treewestflorida.com
P.O. Box 564, Sanibel, FL 33957
Licensed, insured, workers compensation

Be Their Voice
Adopt - A - Manatee
and Make a Difference



1-800-432-JOIN (5646)
savethemanatee.org

CONSTRUCTION/REMODELING



COOPER
CONSTRUCTION

Custom Homes & Remodeling Specialists
We can design, build and manage any endeavor you can dream up.

239.454.5699
cooperconstruction@embarqmail.com
Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

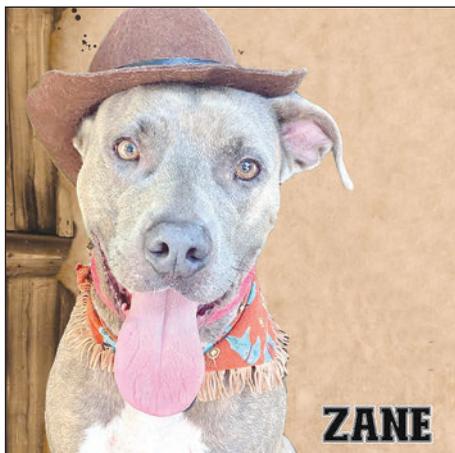
HOME SERVICES
YARD SERVICE • TREE SERVICE • POOL SERVICE
HOME WATCH • CLEANING SERVICE



JUERGEN SCHREYER
OWNER

ISLAND HOME SERVICE
P.O. Box 1050 • SANIBEL • FLORIDA 33957
WWW.ISLANDHOMESERVICE.COM
INFO@ISLANDHOMESERVICE.COM
PHONE: (239) 472-5247 • CELL: (239) 229-6366

PETS OF THE WEEK



Zane ID# A928310 photos provided
Lee County Domestic Animal Services

Zane, Goldie And Kate

Hello, my name is Zane. I am a 2-year-old male pit bull mix that has been on the adoption floor for over two months. I am super smart and love my toys. I am affectionate and believe I am housetrained. If you have a dog and are considering adopting another, make the effort to bring your dog in for a meet and greet. This little hombre needs to get outta Dodge and into a home. My adoption fee is \$25.

Hi, we're Goldie And Kate. We are female domestic shorthairs that are 1 1/2 years old and 8 weeks old respectively. We are a bonded Mom and kitten that



Goldie And Kate ID# A936179 and A936177

would love to find a home together.

During the September promotion, you can adopt both for a reduced adoption fee of \$25 with an approved application. In addition, cats and kittens are two-for-one; adopt one and take home a second feline at no additional cost. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health check. This is a \$600 package.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*

Say No To Hand Washing Dishes

The days of hand washing dishes are long gone and for good reason. Not only is hand washing dishes time consuming, it wastes water and contributes to your energy consumption. According to Energy Star, using a dishwasher can save you more than \$40 a year versus washing dishes by hand. Below are the benefits of using your dishwasher:

Saves times – If you've ever washed and dried a load of dishes, you know it takes time and patience. In fact, Energy Star estimates that you could be spending nearly 230 hours (almost 10 days) of personal time handwashing dishes in just one year.

Cleans better – Dishwashers these days have all sorts of bells and whistles to sanitize even the dirtiest dishes while using minimal water and energy.

Saves water – Using a dishwasher can save nearly 5,000 gallons of water per year in comparison to hand washing.

Below are some tips from the LCEC energy experts on how to use your dishwasher in the most energy efficient way:

Use the energy-saving cycles whenever possible.

If your dishwasher has a booster heater, turn your water heater thermostat down to 120 degrees. Most dishwashers have built-in heaters to boost the water temp up to 140 to 145 degrees.

Resist the temptation to pre-rinse dishes. Dishwashers today do a thorough job of cleaning. Just scrape off the

excess food and let the dishwasher do the rest. Dishwashers use between eight to 14 gallons of water per load so save water and electricity by not pre-rinsing.

Wash only full loads and refrain from hand washing dishes throughout the day. It's cheaper to put the dishes in the dishwasher and wash them all at once.

Load the dishwasher according to the manufacturer's instructions. Remember to fill the racks to maximize energy and water use, but make sure you leave enough room for the water to circulate.

Visit www.lcec.net for more ways to save.*

Choosing The Right Home Temperature

Hot days will be here for a while still, but cooler days aren't too far away. Depending on the temperature in sunny Southwest Florida, it is important to choose the right temperature to keep your house comfy while keeping your energy consumption low. Lee County Electric Cooperative (LCEC) energy experts recommend the following:

Hot day – LCEC recommends setting your A/C to 78 degrees Fahrenheit while home, and 83 degrees if you will be gone for more than two hours. Each degree below the recommended temperature of 78 degrees adds eight percent or more to your cooling costs.

Cold day – Set your thermostat to 68 degrees Fahrenheit while home, and 65 when you leave your home. Heating

CLASSIFIED

VACATION RENTAL



Cottages To Castles
Unique Vacation Rentals

2427 Periwinkle Way
Sanibel, FL 33957
Local: (239) 472-6385
Toll Free: (800) 472-5385
Fax: (239) 472-5858
www.cottages-to-castles.com
1/26 * TFN

ANNUAL RENTAL

ANNUAL RENTAL

SANIBEL ANNUAL RENTAL
This gorgeous updated 3BR/2BA piling home is located overlooking the golf course. New appliances, etc. A must see. Call for details \$6,500/mo.

472-6747
Serving The Islands Rental Needs Since 1975
Gulf Beach Properties, Inc.

9/16 * TFN

SERVICES OFFERED

PROPERTY MANAGER/CARETAKER

Professional family available for long-term position as Property Manager/Caretaker with accommodation on Captiva or Sanibel.

Excellent reputation, years of experience and references. Please call or text Laura on 407-230-1294.

9/16 * 9/23

HELP WANTED

FULL TIME ASSOCIATE

Sanibel Home Furnishings is seeking a full time associate with a passion for sales and design. Are you friendly, enthusiastic, creative, focused, organized and willing to learn? From showroom display and sales to working with clients on decorating projects, we are looking for that team-oriented person who loves color and understands home furnishings and design. Competitive wages with room to grow.

Email resume to mysanibelresume@gmail.com
9/16 * 9/30

BOATS-CANOES-KAYAKS

BOAT FOR LEASE

Scarab 16.5 Jet boat for lease/rent On trailer or storage available. Under warranty for a limited time. Call for more info. Great fun. 239-202-0700

9/2 * 9/23

Island Vacations

Of Sanibel & Captiva
Million \$ Views Await You!
• Cottages • Condos • Homes • Miles of Beaches & Bike Paths

239-472-7277
1-888-451-7277

1/4 * TFN

RENTING FOR OVER \$1,500?

Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment.

chip@chipwolfe.com
chipwolfe.com
239-848-0906

REMAX OF THE ISLANDS
6/5 * TFN

ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203 State License #13002788

4/20 * TFN

To advertise in the Island Sun and The River Weekly News Call 395-1213

FULL/PART-TIME SALES ASSOCIATE

Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required.

Please email a resume to sanibelsole@gmail.com.

4/22 * TFN

Cycling Safety Notes

Ride to the right
Warn to pass
Wear a helmet
Use lights at night
Always be courteous



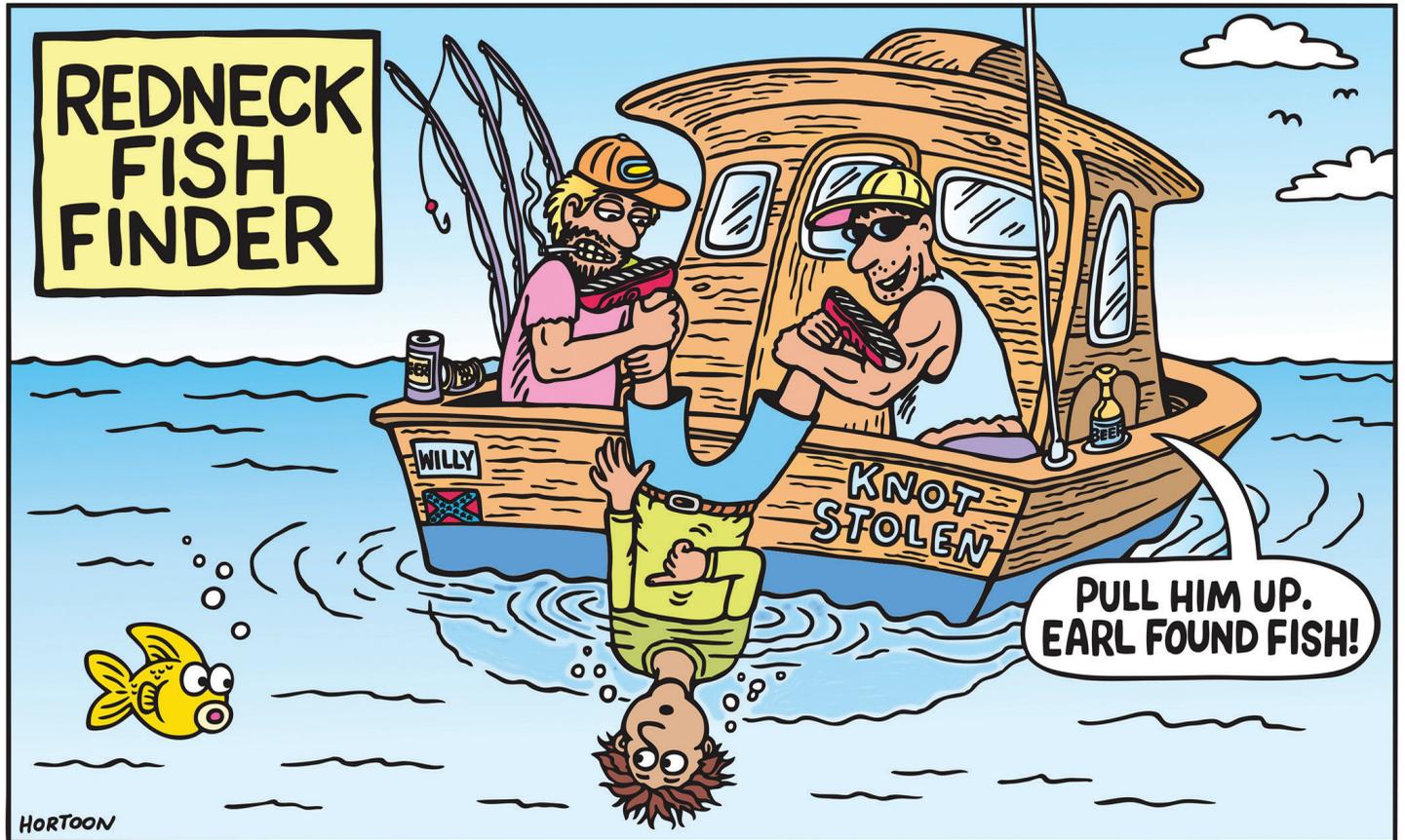
SANIBEL BICYCLE CLUB

is the most intense use of electric energy in the average home, is the most expensive electric appliance and costs two to three times more than cooling, so use it wisely.

Vacation – When going on vacation, keep the A/C set at 83 degrees or higher. Remember to keep your curtains closed to keep your home from being overly hot when you return.

Visit www.lcec.net for more simple ways to save on your electric bill.*

HORTOONS



SCRAMBLERS ANSWER

- 1. Believe 2. Edit
 - 3. Swindle; 4. Tender
- Today's Word
INVITED

Read us online at www.IslandSunNews.com

PUZZLE ANSWERS

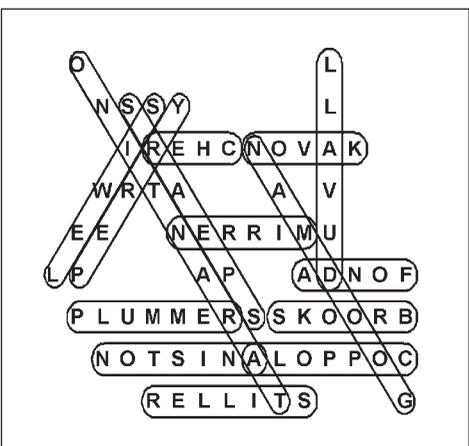
SUPER CROSSWORD

D	O	R	E	M	I	V	I	S	E	G	O	B	I	L	E	A	P
E	M	I	N	E	M	I	C	A	N	I	R	O	N	E	X	P	O
P	A	P	E	R	A	S	S	E	T	S	J	E	N	I	A	C	E
O	N	E	A	C	T	I	W	O	O	D	T	H	R	U	S	H	
T	I	N	S	O	L	D	I	E	R	H	E	S	S	I	A	N	S
R	A	T	A	T	A	T	C	R	Y	S	T	A	L	G	A	L	E
E	T	A	I	L	I	D	S	S	E	T	O	N	A	B	O	D	E
C	H	I	N	A	B	E	A	C	H	S	U	N	K	R	A	U	S
A	O	L	W	A	S	H	T	U	B	A	N	D	S				
P	S	S	T	S	I	L	V	E	R	M	A	P	L	E	H	A	S
C	A	B	M	A	N	M	A	D	P	E	A	R	L	O	N	I	O
A	G	A	M	E	F	O	L	I	O	A	L	E	B	R	A	K	E
R	U	B	Y	S	L	I	P	P	E	R	S	D	E	B	O	N	E
P	A	Y	T	O	E	S	C	A	M	P	A	L	T				
C	A	R	O	L	I	N	E	G	O	L	D	R	E	C	O	R	D
D	I	A	M	O	N	D	L	I	L	J	R	A	E	F	U	R	
A	N	K	A	I	D	O	L	A	N	N	I	V	E	R	S	A	R
U	T	E	S	E	A	S	E	G	A	I	N	S	E	A	G	A	L
B	O	S	S	R	Y	E	S	O	W	N	S	C	O	M	E	L	Y

KING CROSSWORD

	S	C	A	L	A		S	W	A	B	S						
O	P	E	N	E	R		T	A	R	O	T	S					
F	O	R	Y	O	U		U	N	E	V	E	N					
T	R	E		S	L	I	D	E		A	R	A					
E	T	A	T		E	T	E		T	R	E	F					
N	Y	L	O	N		O	N	L	Y	Y	O	U					
				L	A	H		T	O	P							
W	I	L	L	Y	O	U		L	O	C	A	L					
A	M	I	S		T	A	M		S	A	B	U					
S	P	F		A	B	R	A	M		N	H	L					
T	A	T	T	L	E		H	E	Y	Y	O	U					
E	L	U	D	E	D		A	R	M	O	R	S					
A	P	S	E	S		L	E	A	N	S							

MAGIC MAZE



SUDOKU

7	3	2	6	9	8	4	5	1
8	6	4	1	7	5	3	2	9
1	5	9	4	3	2	6	7	8
2	9	6	7	8	4	1	3	5
5	4	8	3	1	6	7	9	2
3	7	1	5	2	9	8	4	6
6	8	5	9	4	3	2	1	7
4	2	7	8	5	1	9	6	3
9	1	3	2	6	7	5	8	4

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Oakbrook	Estero	2003	3,873	\$3,249,000	\$3,249,000	0
Useppa Island	Useppa Island	1992	4,984	\$3,100,000	\$3,100,000	307
Colonial Farms	Fort Myers	2017	3,685	\$2,250,000	\$2,175,000	29
Matlacha Shores	Matlacha	1990	3,743	\$2,750,000	\$2,050,000	170
Cape Coral	Cape Coral	1985	3,485	\$2,590,000	\$2,000,000	122
Hidden Harbor	Fort Myers	2019	2,816	\$1,875,000	\$1,735,000	70
Wildblue	Fort Myers	2020	3,923	\$1,675,000	\$1,525,000	34
Glenview	Fort Myers Beach	1961	1,809	\$1,249,000	\$1,200,000	121
Cape Coral	Cape Coral	2003	2,270	\$1,200,000	\$1,100,000	39
Ginger Pointe	Estero	2000	2,534	\$1,095,000	\$1,050,000	6

DOC FORD'S
RUM BAR & GRILLE

**“FOR THE SUN-KISSED &
SUN-DESIROUS ALIKE,
A VACATION ON A PLATE.”**

The New York Times
Magazine



WWW.DOCFORDS.COM

THE ORIGINAL
YUCATAN SHRIMP!

Visit Our Sister Location on Ft. Myers Beach
The Dixie Fish Co.

